

THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 20/06, 11/07, 12/09, 03/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Cheese and Tomato Pizza Potato wedges	Allegra's Proper Chicken Pie with Mashed Potato	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Beef Bolognese A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Macaroni Cheese Cheesy macaroni pasta	Allegra's Broccoli and Cauliflower Cheese Pie Cheesy broccoli and cauliflower with a shortcrust topping	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy A chunky sweet potato and chickpea roast	Butternut Squash and Tomato Bake with Rice A delicious butternut squash and tomato bake served with rice	Quorn Dippers and Chips Crispy Quorn nuggets
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
Jacket Potato	Jacket Potato with a choice of fillings	Jacket Potato with salmon mayonnaise and a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings
Pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Green Beans and Sweetcorn	Peas and Broccoli	Carrots and Cabbage	Broccoli and Sweetcorn	Baked Beans and Peas
Desserts	Vanilla Ice Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices	Banana and Apricot Flapjack with Fruit Slices	Orange, Sultana and Carrot Slice

SPRING/SUMMER 2022

PACKED LUNCH—AVAILABLE DAILY

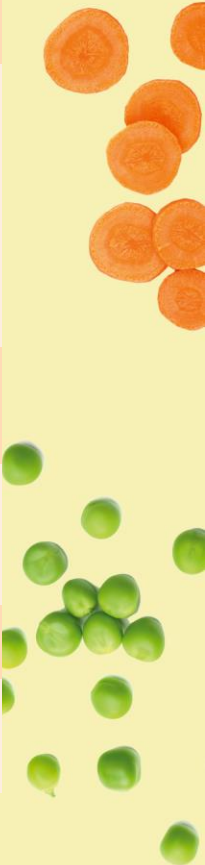
HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Internal

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice



WEEK 2 MENU

W/C: 06/06, 27/06, 18/07, 28/08, 19/09, 10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Veggie Bolognese Penne pasta in a yummy tomato sauce	Allegra's Asian Sticky Noodles Chicken and vegetables in sweet sauce with noodles	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Cottage Pie A classic cottage pie with veg and gravy	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza Cheesy tomato topped pizza slice	Allegra's BBQ Beans Tasty BBQ beans served with cornbread	Creamy Vegetable Pie with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	Mild Chickpea and Potato Curry Served with wholemeal rice	Quorn Dippers and Chips Crispy Quorn nuggets
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
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Vegetables	Carrot Sticks and Cucumber Sticks	Peas and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Flapjack with Fruit Slices	Orange Shortbread with Fruit Slices	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Vanilla Ice Cream

SPRING/SUMMER 2022

PACKED LUNCH—AVAILABLE DAILY

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AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Internal

Vegetarian **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's Choice**



WEEK 3 MENU

W/C:13/06, 04/07, 05/09, 29/09, 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2022

Hot Main Dish	Macaroni Cheese A creamy cheese sauce over macaroni pasta.	Chinese Chicken Noodles Stir-fried chicken with vegetables and noodles in a savory sauce.	Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy.	Beef Bolognese With pasta.	Chicken Tasters Or Fishfinger
Alternative Dish	Veggie Sausage and Mash with Gravy Fluffy mash with veggie sausages and rich gravy.	Veggie Balls In Tomato Sauce with Pasta Plant-based meatballs in a rich tomato sauce served with pasta.	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy A chunky butternut squash and potato slice.	Veggie Lasagne served with a bread wedge Delicious sheets of pasta layered with veggies and tomato sauce.	Soft Taco and Chips A soft taco shell filled with a yummy veggie tomato chilli.
Salads	A Selection of Fresh Salads including lettuce, cucumber, tomato, grated carrot.	A Selection of Fresh Salads including lettuce, cucumber, tomato, grated carrot.	A Selection of Fresh Salads including lettuce, cucumber, tomato, grated carrot.	A Selection of Fresh Salads including lettuce, cucumber, tomato, grated carrot.	A Selection of Fresh Salads including lettuce, cucumber, tomato, grated carrot.
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Vegetables	Peas and Carrots	Sweetcorn and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Oatie Biscuit with Fruit Slices A warm oatmeal cookie topped with fresh fruit.	Apple and Carrot Yoghurt Muffin A moist muffin with apple and carrot.	Strawberry Ice Cream	Chocolate Sponge Cake	Banana and Apricot Flapjack

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AVAILABLE EVERY DAY

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