

WEEK 1 MENU

W/C: 12/09

03/10





































MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Meal	Veggie Burrito    A soft wrap filled with lightly spiced veggies and rice	Allegra's BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	All Day Breakfast served with Potato Wedges Fluffy scrambled eggs, bacon, baked beans & potato wedges	Battered Fish Fillet served with Chips and Baked Beans
Hot Main Meal (V)	Cheese and Tomato Pizza  	Allegra's Broccoli and Cauliflower Cheese Pie with Mashed Potato  Cheesy broccoli and cauliflower with a shortcrust topper	Quorn Roast with Roast Potatoes and Gravy  	Quorn Hotdog served with Potato Wedges  Served in a soft white finger roll	Quorn Dippers served with Chips and Baked Beans 
Tomato Pasta	Tomato Pasta    A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta    A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta    A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta    A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta    A rich homemade tomato sauce with wholewheat pasta
Jacket Potato	Jacket Potato  With a choice of hot & cold fillings	Jacket Potato  With a choice of hot & cold fillings	Jacket Potato  With a choice of hot & cold fillings	Jacket Potato  With a choice of hot & cold fillings	Jacket Potato  With a choice of hot & cold fillings
Baguette					Ham Baguette
Vegetables	Green Beans and Sweetcorn	Fresh Broccoli and Peas	Fresh Carrots and Savoy Cabbage	Fresh Broccoli and Sweetcorn	Fresh Carrots and Peas
Desserts	Raspberry Ripple Ice Cream 	Secret (Hidden Veg) Brownie 	Vanilla Shortbread 	Pineapple Upside Down Cake served with Custard  	Lemon Cake Slice 

 All dessert offerings served with fresh cut Fruit slices

SPRING/SUMMER 2022

AVAILABLE EVERY DAY

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

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Meal

Veggie Bolognese
A rich veggie bolognese sauce served with wholewheat penne

Pork Sausages served with creamy Mashed Potatoes & Gravy

Roast Turkey with Roast Potatoes and Gravy

Beef Bolognese
Served with wholewheat pasta

Fish Fingers served with Chips and Baked Beans

Hot Main Meal (V)

Cheese and Tomato Pizza

Veggie Burger served with Potato Wedges
A delicious veggie burger, in a soft white bap with ketchup.

Creamy Vegetable Pie with Roast Potatoes and Gravy
Mixed vegetables in a creamy sauce topped with a cheesy shortcrust pastry

Mild Chickpea and Potato Curry served with Rice

Quorn Dippers served with Chips and Baked Beans

Tomato Pasta

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Baguette

Cheese Baguette

Vegetables

Fresh Carrots and Sweetcorn

Fresh Broccoli and Peas

Fresh Carrots and Savoy Cabbage

Green Beans and Sweetcorn

Fresh Carrots and Peas

Desserts

Oaty Flapjack

Orange Shortbread

Raspberry Yoghurt Cake

Fruity Chocolate Brownie

Vanilla Ice-Cream

All dessert offerings served with fresh cut Fruit slices

SPRING/SUMMER 2022

AVAILABLE EVERY DAY

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

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

WEEK 3 MENU

W/C: 05/09 26/09 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Meal	Cheese and Tomato Pizza	Chicken Tikka Masala with Rice	Roast Pork with Roast Potatoes and Gravy	Beef Burrito A soft wrap filled with lightly spiced beef and rice	Southern Fried Chicken Tasters served with Chips and Baked Beans
Hot Main Meal (V)	Veggie Sausage served with creamy Mashed Potatoes & Gravy	Veggie Balls in Tomato Sauce served with Wholewheat pasta	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy	Veggie Lasagne served with a 50/50 Bread Wedge	Soft Taco with Mild Tomato Chilli with Chips and Baked Beans
Tomato Pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta
Jacket Potato	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings
Baguette					Tuna Baguette
Vegetables	Fresh Carrots and Peas	Fresh Broccoli and Sweetcorn	Fresh Carrots and Savoy Cabbage	Green Beans and Sweetcorn	Fresh Carrots and Peas
Desserts	Oat Biscuit	Apple and Carrot Yoghurt Muffin	Strawberry Ice Cream	Chocolate Sponge Cake	Crispy Crackle Bar

All dessert offerings served with fresh cut Fruit slices

SPRING/SUMMER 2022

AVAILABLE EVERY DAY

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

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice