

WEEK 1 MENU

W/C: 18/04 09/05 06/06 27/06
18/07 29/08 19/09 10/10

SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	JACKET POTATOES...	PICK A PUD!	
MONDAY	Beef Meatballs in tomato sauce	Macaroni Cheese ♡ Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Jacket Potatoes ♡ ♡ A choice of hot and cold fillings	Fresh Fruit Platter
TUESDAY	Allegra's BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges BBQ chicken breast burger with zingy corn relish	Allegra's BBQ Beans Tasty BBQ beans served with cornbread	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Peas and Broccoli	Jacket Potatoes ♡ ♡ with salmon mayonnaise 🐟	Shortbread Biscuit with Fruit Slices
WEDNESDAY	Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy ♡ ♡ A chunky sweet potato and chickpea roast	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Jacket Potatoes ♡ ♡ A choice of hot and cold fillings	Raspberry Ripple Ice Cream
THURSDAY	Beef Bolognese ♡ ♡ A classic Italian beef bolognese in a yummy tomato sauce	Butternut Squash and Tomato Bake with Rice ♡ ♡ ♡ A delicious butternut squash and tomato bake served with rice	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Sweetcorn	Jacket Potatoes ♡ ♡ A choice of hot and cold fillings	Fresh Fruit Platter
FRIDAY	Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips	Quorn Nuggets and Chips ♡ Crispy Quorn nuggets with their fave sauce - ketchup	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Jacket Potatoes ♡ ♡ A choice of hot and cold fillings	Cheese and Biscuit

AVAILABLE EVERY DAY

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

♡ Vegetarian 🐟 Oily fish 🌿 Wholegrain
 🍏 Fruity! ♡ Nutritionist's Choice

WEEK 2 MENU

W/C: 25/04 16/05 13/06 04/07
05/09 26/09 17/10

SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	JACKET POTATOES...	PICK A PUD!
MONDAY	<p>Jerk Chicken with rice</p> <p>Mild Bean Chilli with Rice 🌱 🍏 🌱 Super yummy mildly spiced veggie chilli</p>	<p>Tomato Pasta 🍏 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Carrot Sticks and Cucumber Sticks</p>	<p>Jacket Potatoes 🍏 🌱 A choice of hot and cold fillings</p>	<p>Fresh Fruit Platter</p>
TUESDAY	<p>Allegra's Asian Sticky Noodles Chicken and vegetables in sweet sauce with noodle</p> <p>Allegra's Broccoli and Cauliflower Cheese Pie with Mash Potato Cheesy broccoli and cauliflower with a shortcrust topping</p>	<p>Tomato Pasta 🍏 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Broccoli and Peas</p>	<p>Jacket Potatoes 🍏 🌱 A choice of hot and cold fillings</p>	<p>Peach Shortbread Pudding with Custard 🍏</p>
WEDNESDAY	<p>Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken with fluffy roasties and tasty gravy</p> <p>Creamy Vegetable Pie with Roast Potatoes and Gravy 🌱 Creamy vegetable pie with a cheesy shortcrust topper</p>	<p>Tomato Pasta 🍏 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Cabbage and Carrots</p>	<p>Jacket Potatoes 🍏 🌱 A choice of hot and cold fillings</p>	<p>Raspberry Yoghurt Cake</p>
THURSDAY	<p>Cottage Pie 🍏 Home cooked minced beef with a crispy potato topping</p> <p>Mild Chickpea and Potato Curry with Rice 🌱 Tasty chickpea and potato curry served with rice</p>	<p>Tomato Pasta 🍏 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Green Beans and Sweetcorn</p>	<p>Jacket Potatoes 🍏 🌱 A choice of hot and cold fillings</p>	<p>Fresh Fruit Platter</p>
FRIDAY	<p>Southern Fried Chicken Tasters with Chips Lightly seasoned crispy chicken strips and scrummy chips</p> <p>Tomato Veggie Burger with Chips 🌱 A delicious veggie burger in a soft bap with chips</p>	<p>Tomato Pasta 🍏 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Peas and Baked Beans</p>	<p>Jacket Potatoes 🍏 🌱 A choice of hot and cold fillings</p>	<p>Cheese and Biscuits</p>

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YOGHURT & FRESH FRUIT

 Vegetarian
  Oily fish
  Wholegrain
 Fruity!
  Nutritionist's Choice

WEEK 3 MENU

W/C: 02/05 23/05 20/06 11/07
12/09 03/10

SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	JACKET POTATOES...	PICK A PUD!	
MONDAY	Cheese and Tomato Pizza   Cheesy tomato topped pizza slice	Vegetarian Sausage with Mashed Potato and Gravy   Veggie sausage and mash with rich gravy	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Peas and Carrots	Jacket Potatoes   A choice of hot and cold fillings	Fresh Fruit Platter
TUESDAY	Allegra's Chilli Con Chicken and Sweet Potato Bake  Baked wedges of sweet potato, topped with tomato chicken & tortilla crunchies	Allegra's Cheesy Peasy Risotto Bake  A delicious baked cheesy, pea risotto	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Broccoli	Jacket Potatoes   A choice of hot and cold fillings	Apple and Carrot Yoghurt Muffin 
WEDNESDAY	Roast Beef Succulent roast beef with fluffy roasties and tasty gravy	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy  A chunky butternut squash and potato pastry slice	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Jacket Potatoes   A choice of hot and cold fillings	Strawberry Ice Cream
THURSDAY	Beef Burrito   A soft wrap filled with lightly spiced beef and rice	Veggie Lasagne served with a Bread Wedge   Delicious sheets of pasta layered with veggies and tomato sauce	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Jacket Potatoes   A choice of hot and cold fillings	Fresh Fruit Platter
FRIDAY	Battered Fish Fillet and Chips Crispy fish fillet with scrummy chips	Veggie Soft Taco and Chips   A soft taco shell filled with a yummy veggie tomato chilli	Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Jacket Potatoes   A choice of hot and cold fillings	Cheese & Biscuits

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