

# WEEK 1 MENU

W/C: 09/05 30/05 20/06 11/07  
01/08 22/08 12/09 03/10 24/10

## SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<b>Chinese Veggie Noodles</b> 🌱 ♻️ Fragrant egg noodles with stir fried vegetables	<b>Macaroni Cheese</b> ♻️ Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce	<b>Tomato Pasta</b> 🌱 ♻️ Fresh, homemade tomato and basil sauce with penne pasta	<b>Green Beans and Sweetcorn</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🍷 ♻️ A choice of hot and cold fillings	<b>Chocolate Ice Cream with Fresh Cut Fruit Slices</b> 🍏
TUESDAY	<b>Allegra's Proper Chicken Pie with Mashed Potato</b> Chicken and leek shortcrust pie	<b>Allegra's Broccoli And Cauliflower Cheese Pie with Mashed Potato</b> ♻️ Cheesy broccoli and cauliflower with a shortcrust topping	<b>Tomato Pasta</b> 🌱 ♻️ Fresh, homemade tomato and basil sauce with penne pasta	<b>Peas and Broccoli</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🍷 ♻️ A choice of hot and cold fillings including salmon mayonnaise 🐟	<b>Secret Brownie with Fresh Cut Fruit Slices</b> 🍏
WEDNESDAY	<b>Roast Chicken with Roast Potatoes &amp; Gravy</b> Succulent roast chicken with fluffy roasties and tasty gravy	<b>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy</b> ♻️ 🍷 A chunky sweet potato and chickpea roast	<b>Tomato Pasta</b> 🌱 ♻️ Fresh, homemade tomato and basil sauce with penne pasta	<b>Carrots and Cabbage</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🍷 ♻️ A choice of hot and cold fillings	<b>Shortbread Biscuit with Fresh Cut Fruit Slices</b> 🍏
THURSDAY	<b>Beef Bolognese</b> 🍷 🍷 A classic Italian beef bolognese in a yummy tomato sauce	<b>Butternut Squash and Tomato Bake with Rice</b> ♻️ 🌱 🍷 A delicious butternut squash and tomato bake served with rice	<b>Tomato Pasta</b> 🌱 ♻️ Fresh, homemade tomato and basil sauce with penne pasta	<b>Broccoli and Sweetcorn</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🍷 ♻️ A choice of hot and cold fillings	<b>Banana &amp; Apricot Flapjack with Fruit Slices</b> 🍏
FRIDAY	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers with scrummy chips	<b>Quorn Nuggets and Chips</b> ♻️ Crispy Quorn nuggets with their fave sauce - ketchup	<b>Tomato Pasta</b> 🌱 ♻️ Fresh, homemade tomato and basil sauce with penne pasta	<b>Baked Beans, Carrots and Peas</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🍷 ♻️ A choice of hot and cold fillings	<b>Orange, Sultana and Carrot Slice with Fresh Cut Fruit Slices</b> 🍏

### PACKED LUNCH - AVAILABLE DAILY

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

### 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 06/06 27/06  
18/07 08/08 29/08 19/09 10/10

## SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<b>Veggie Bolognese</b> Yummy veggie Bolognese with pasta	<b>Cheese and Tomato Pizza</b> Cheesy tomato topped pizza slice	<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Carrots and Sweetcorn</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> A choice of hot and cold fillings	<b>Flapjack with Fresh Cut Fruit Slices</b>
TUESDAY	<b>Allegra's Asian Sticky Noodles</b> Chicken and vegetables in sweet sauce with noodle	<b>Allegra's BBQ Beans with Allegra's Cornbread</b> Tasty BBQ beans served with cornbread	<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Broccoli and Peas</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> A choice of hot and cold fillings	<b>Orange Shortbread with Fruit Slices</b>
WEDNESDAY	<b>Roast Turkey with Roast Potatoes &amp; Gravy</b> Roast turkey with fluffy roasties and tasty gravy	<b>Creamy Vegetable Pie with Roast Potatoes and Gravy</b> Creamy vegetable pie with a cheesy shortcrust topper	<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Cabbage and Carrots</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> A choice of hot and cold fillings	<b>Crunchy Chocolate Biscuit with Fresh Cut Fruit Slices</b>
THURSDAY	<b>Cottage Pie</b> Home cooked minced beef with a crispy potato topping	<b>Mild Chickpea and Potato Curry with Rice</b> Tasty chickpea and potato curry served with rice	<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Green Beans and Sweetcorn</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> A choice of hot and cold fillings	<b>Fruity Chocolate Brownie with Fresh Cut Fruit Slices</b>
FRIDAY	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers with scrummy chips	<b>Quorn Dippers with Chips</b> Crispy Quorn dippers with their fave sauce - ketchup	<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta	<b>Baked Beans, Carrots and Peas</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> A choice of hot and cold fillings	<b>Vanilla Ice Cream with Fresh Cut Fruit Slices</b>

### PACKED LUNCH - AVAILABLE DAILY

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

### AVAILABLE EVERY DAY

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

Vegetarian Oily fish Wholegrain  
 Fruity! Nutritionist's Choice

# WEEK 3 MENU

W/C: 02/05 23/05 13/06 04/07  
25/07 15/08 05/09 26/09 17/10

## SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!
MONDAY	<p><b>Macaroni Cheese</b>  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p> <p><b>Vegetarian Sausage with Mashed Potato and Gravy</b>  Veggie sausage and mash with rich gravy</p>	<p><b>Tomato Pasta</b>  Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Peas and Carrots</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>  A choice of hot and cold fillings</p>	<p><b>Oaty Biscuit with Fresh Cut Fruit Slices</b> </p>
TUESDAY	<p><b>Chinese Chicken Noodles</b> A classic Chinese chicken noodle dish</p> <p><b>Veggie Balls in Tomato Sauce with Pasta</b>  Delicious veggie balls in a tasty tomato sauce with pasta</p>	<p><b>Tomato Pasta</b>  Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Sweetcorn and Broccoli</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>  A choice of hot and cold fillings</p>	<p><b>Apple and Carrot Yoghurt Muffin</b> </p>
WEDNESDAY	<p><b>Roast Pork with Roast Potatoes &amp; Gravy</b> Roast pork with fluffy roasties and tasty gravy</p> <p><b>Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy</b>  A chunky butternut squash and potato pastry slice</p>	<p><b>Tomato Pasta</b>  Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Carrots and Cabbage</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>  A choice of hot and cold fillings</p>	<p><b>Strawberry Ice Cream with Fresh Cut Fruit Slices</b> </p>
THURSDAY	<p><b>Beef Bolognese</b>  A classic Italian beef Bolognese in a yummy tomato sauce</p> <p><b>Veggie Lasagne served with a Bread Wedge</b>  Delicious sheets of pasta layered with veggies and tomato sauce</p>	<p><b>Tomato Pasta</b>  Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Green Beans and Sweetcorn</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>  A choice of hot and cold fillings</p>	<p><b>Chocolate Sponge Cake with Fresh Cut Fruit Slices</b> </p>
FRIDAY	<p><b>Southern Fried Chicken Tasters with Chips</b> Lightly seasoned crispy chicken strips and scrummy chips</p> <p><b>Veggie Soft Taco and Chips</b>  A soft taco shell filled with a yummy veggie tomato chilli</p>	<p><b>Tomato Pasta</b>  Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Baked Beans, Carrots and Peas</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b>  A choice of hot and cold fillings</p>	<p><b>Crispy Crackle Bar with Fresh Cut Fruit Slices</b> </p>

**PACKED LUNCH - AVAILABLE DAILY**  
HAM AND CHEESE OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YOYO OR DESSERT OF THE DAY

**AVAILABLE EVERY DAY**  
WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Vegetarian Fruity! Oily fish Wholegrain Nutritionist's Choice