

# THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

w/c 18/4 9/5 20/6 11/07 12/09 03/10



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Hot Main Dish

**Burrito**   
A soft wrap filled with lightly spiced veggies and rice

**Allegra BBQ Chicken Burger Corn and Pineapple Relish**  
BBQ chicken breast burger with zingy corn relish

**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

**The Incredible Burger** with Potato Wedges

**Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy**   
A chunky sweet potato and chickpea roast

**Veggie Balls In Tomato Sauce** with Pasta

**Quorn Dippers and Chips**   
Crispy Quorn nuggets with their fave sauce – ketchup

### Third Choice

**Jacket Potato with Salmon Mayonnaise**

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**Jacket Potato with Salmon Mayonnaise**

### Salads

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot

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### Jacket Potato

**Jacket Potato**   
with a choice of fillings

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with a choice of fillings

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with a choice of fillings

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with a choice of fillings

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### Pasta

**Tomato Pasta**   
A delicious fresh, homemade tomato sauce with penne pasta

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### Vegetables

**Green Beans and Sweetcorn**

**Peas and Broccoli**

**Carrots and Cabbage**

**Broccoli and Sweetcorn**

**Baked Beans and Peas**

### Desserts

**Raspberry Ripple Ice-Cream**

**Secret Brownie**

**Shortbread Biscuit** with Fruit Slices

**Banana and Apricot Flapjack** with Fruit Slice

**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 BEAR YO YO 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 25/4 16/05 6/6 27/06 18/07  
19/09 10/10



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Veggie Bolognese</b> Penne pasta in a yummy tomato sauce	Hot chicken sandwich	<b>Roast Turkey with Roast Potatoes and Gravy</b> Succulent roast turkey with fluffy roasties and tasty gravy	<b>Beef Lasagne with a Garlic &amp; Herb Bread Wedge</b>	<b>Battered Fish Fillet and Chips</b> Crispy battered fish and scrummy chips
Alternative Dish	<b>Cheese and Tomato Pizza</b> Cheesy tomato topped pizza slice	<b>Allegra's Fruity Cous Cous</b> with Mint Yoghurt and Flatbread Crisps	<b>Creamy Vegetable Pie</b> with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	<b>Mild Chickpea and Potato Curry</b> Served with wholemeal rice	<b>Tomato Veggie Burger</b>
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	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
Pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Sweetcorn and Peas	Broccoli and Cauliflower	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Flapjack with Fruit Slices	<b>Orange Shortbread</b> with Fruit Slices	Raspberry Yoghurt Cake	Fruity Chocolate Brownie	Vanilla Ice-Cream

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### AVAILABLE EVERY DAY

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

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

# WEEK 3 MENU

W/C: 2/5 23/5 13/6 4/7 25/7 05/9  
26/9 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2022

<b>Hot Main Dish</b>	Macaroni Cheese Cheesy Macaroni Pasta	Sweet and sour chicken	Roast Gammon with Roast Potatoes and Gravy Succulent roast gammon with fluffy roasties and tasty gravy	Beef Meatballs in Tomato Sauce with Pasta	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	Veggie Sausage and Mash with Gravy Fluffy mash with veggie sausages and rich gravy	Allegra's Cheesy Peasy Risotto Bake A delicious baked cheesy pea risotto	Quorn Roast	Veggie Lasagne Delicious sheets of pasta layered with veggies and tomato sauce served with a bread wedge	Soft Taco and Chips A soft taco shell filled with a yummy veggie tomato chilli
<b>Salads</b>	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
<b>Jacket Potato</b>	Jacket Potato With 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	Jacket Potato With a choice of fillings
<b>Pasta</b>	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
<b>Vegetables</b>	Peas and Carrots	Sweetcorn and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
<b>Desserts</b>	Oatie Biscuit with Fruit Slices	Carrot Cake with Citrus Frosting	Strawberry Ice Cream	Chocolate Sponge Cake	Cheese & Biscuits Soft Cheese Portion

**PACKED LUNCH—AVAILABLE DAILY**

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

**AVAILABLE EVERY DAY**

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

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