

WEEK 1 MENU

W/C: 09/05 30/05 20/06 11/07

SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!
MONDAY	<p>Veggie Burrito 🍷 🌱 🌿 A soft wrap filled with lightly spiced veggies and rice</p> <p>Macaroni Cheese 🌱 Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce</p>	<p>Tomato Pasta 🍷 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Green Beans and Sweetcorn</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🌱 A choice of hot and cold fillings</p>	<p>Raspberry Ripple Ice Cream with Fresh Cut Fruit Slices 🍷</p>
TUESDAY	<p>Allegra's BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges BBQ chicken breast burger with zingy corn relish</p> <p>Allegra's Broccoli And Cauliflower Cheese Pie with Mashed Potato 🌱 Cheesy broccoli and cauliflower with a shortcrust topping</p>	<p>Tomato Pasta 🍷 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Peas and Broccoli</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🌱 with salmon mayonnaise 🐟</p>	<p>Secret Brownie with Fresh Cut Fruit Slices 🍷</p>
WEDNESDAY	<p>Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken with fluffy roasties and tasty gravy</p> <p>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy 🌱 🍷 A chunky sweet potato and chickpea roast</p>	<p>Tomato Pasta 🍷 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Carrots and Cabbage</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🌱 A choice of hot and cold fillings</p>	<p>Shortbread Biscuit with Fresh Cut Fruit Slices 🍷</p>
THURSDAY	<p>Beef Bolognese 🍷 🌱 A classic Italian beef bolognese in a yummy tomato sauce</p> <p>Butternut Squash and Tomato Bake with Rice 🌱 🍷 🌱 A delicious butternut squash and tomato bake served with rice</p>	<p>Tomato Pasta 🍷 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Broccoli and Sweetcorn</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🌱 A choice of hot and cold fillings</p>	<p>Berry & Peach Oaty Crumble with Custard 🍷 🍷</p>
FRIDAY	<p>Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips</p> <p>Quorn Nuggets and Chips 🌱 Crispy Quorn nuggets with their fave sauce - ketchup</p>	<p>Tomato Pasta 🍷 🌱 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Baked Beans, Carrots and Peas</p>	<p>Packed Lunch See below for details</p>	<p>Jacket Potatoes 🍷 🌱 A choice of hot and cold fillings</p>	<p>Orange, Sultana and Carrot Slice with Fresh Cut Fruit Slices 🍷</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
🐟 Oily fish
🌾 Wholegrain
🍏 Fruity!
🍷 Nutritionist's Choice

WEEK 2 MENU

W/C: 25/04 16/05 06/06 27/06
18/07

SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	Veggie Bolognese ♻️ 🌱 🍷 Yummy veggie Bolognese with pasta	Cheese and Tomato Pizza ♻️ 🌱 🍷 Cheesy tomato topped pizza slice	Tomato Pasta ♻️ 🌱 🍷 Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Sweetcorn	Packed Lunch See below for details	Jacket Potatoes 🍷 🌱 A choice of hot and cold fillings	Flapjack with Fresh Cut Fruit Slices 🍷 🍏
TUESDAY	Allegra's Asian Sticky Noodles Chicken and vegetables in sweet sauce with noodle	Allegra's BBQ Beans with Allegra's Cornbread 🍷 🌱 Tasty BBQ beans served with cornbread	Tomato Pasta ♻️ 🌱 🍷 Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Peas	Packed Lunch See below for details	Jacket Potatoes 🍷 🌱 A choice of hot and cold fillings	Peach Shortbread Pudding with Custard 🍷 🍑
WEDNESDAY	Roast Turkey with Roast Potatoes & Gravy Roast turkey with fluffy roasties and tasty gravy	Creamy Vegetable Pie with Roast Potatoes and Gravy 🍷 Creamy vegetable pie with a cheesy shortcrust topper	Tomato Pasta ♻️ 🌱 🍷 Fresh, homemade tomato and basil sauce with penne pasta	Cabbage and Carrots	Packed Lunch See below for details	Jacket Potatoes 🍷 🌱 A choice of hot and cold fillings	Raspberry Yoghurt Cake with Fresh Cut Fruit Slices 🍷 🍓
THURSDAY	Cottage Pie 🍷 Home cooked minced beef with a crispy potato topping	Mild Chickpea and Potato Curry with Rice ♻️ 🌱 🍷 Tasty chickpea and potato curry served with rice	Tomato Pasta ♻️ 🌱 🍷 Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Packed Lunch See below for details	Jacket Potatoes 🍷 🌱 A choice of hot and cold fillings	Fruity Chocolate Brownie with Fresh Cut Fruit Slices 🍷 🍏
FRIDAY	Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips	The Incredible Burger served with Chips ♻️ Meatless burger in a soft bap with ketchup	Tomato Pasta ♻️ 🌱 🍷 Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans, Carrots and Peas	Packed Lunch See below for details	Jacket Potatoes 🍷 🌱 A choice of hot and cold fillings	Vanilla Ice Cream with Fresh Cut Fruit Slices 🍷 🍏

PACKED LUNCH - AVAILABLE DAILY

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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: 02/05 23/05 13/06 04/07

SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<p>Macaroni Cheese </p> <p>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p>	<p>Vegetarian Sausage with Mashed Potato and Gravy </p> <p>Veggie sausage and mash with rich gravy</p>	<p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Peas and Carrots</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p>	<p>Oaty Biscuit with Fresh Cut Fruit Slices </p>
TUESDAY	<p>Allegra's Chilli Con Chicken and Sweet Potato Bake </p> <p>Baked wedges of sweet potato, topped with tomato chicken & tortilla crunchies</p>	<p>Allegra's Cheesy Peasy Risotto Bake </p> <p>A delicious baked cheesy, pea risotto</p>	<p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Sweetcorn and Broccoli</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p>	<p>Apple and Carrot Yoghurt Muffin </p>
WEDNESDAY	<p>Roast Pork with Roast Potatoes & Gravy</p> <p>Roast pork with fluffy roasties and tasty gravy</p>	<p>Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy </p> <p>A chunky butternut squash and potato pastry slice</p>	<p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Carrots and Cabbage</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p>	<p>Strawberry Ice Cream with Fresh Cut Fruit Slices </p>
THURSDAY	<p>Beef Burrito </p> <p>A soft wrap filled with lightly spiced beef and rice</p>	<p>Veggie Lasagne served with a Bread Wedge </p> <p>Delicious sheets of pasta layered with veggies and tomato sauce</p>	<p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Green Beans and Sweetcorn</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p>	<p>Chocolate Sponge Cake with Fresh Cut Fruit Slices </p>
FRIDAY	<p>Southern Fried Chicken Tasters with Chips</p> <p>Lightly seasoned crispy chicken strips and scrummy chips</p>	<p>Veggie Soft Taco and Chips </p> <p>A soft taco shell filled with a yummy veggie tomato chilli</p>	<p>Tomato Pasta </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Baked Beans, Carrots and Peas</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes </p> <p>A choice of hot and cold fillings</p>	<p>Banana and Apricot Flapjack with Fresh Cut Fruit Slices </p>

PACKED LUNCH - AVAILABLE DAILY
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WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain
 Fruity! Nutritionist's Choice