

THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Burrito
A soft wrap filled with lightly spiced veggies and rice

Allegra Proper Chicken Pie With Creamy mash

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

Cheese and Tomato Pizza With Potato Wedges

Macaroni Cheese

Quorn Roast With Roast Potatoes and Gravy

Quorn Hot Dog with Potato Wedges

Quorn Dippers and Chips
fave sauce – ketchup

Third Choice

Jacket Potato with Salmon Mayonnaise

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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Jacket Potato with a choice of fillings

Sandwiches

Assorted Sandwiches

Assorted Sandwiches

Assorted Sandwiches

Assorted Sandwiches

Assorted Sandwiches

Vegetables

Green Beans and Sweetcorn

Peas and Broccoli

Carrots and Cabbage

Broccoli and Sweetcorn

Baked Beans and Peas

Desserts

Raspberry Ripple Ice-Cream

Orange Drizzle Cake

Shortbread Biscuit with Fruit Slices

Berry and Peach Oaty Cumble with Custard

Lemon Drizzle Cake

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Veggie Bolognese Penne pasta in a yummy tomato sauce	Pork Sausage and Mash	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Cottage Pie A classic cottage pie with veg and gravy	Battered Fish Fillet and Chips Crispy fish fillet and scrummy chips
Alternative Dish	Cheese and Tomato Pizza Cheesy tomato topped pizza slice With Potato Wedges	Allegra's BBQ Beans Tasty BBQ beans served with cornbread	Creamy Vegetable Pie with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	Mild Chickpea and Potato Curry Served with wholemeal rice	Quorn Nuggets with Chips
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	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
Sandwiches	Assorted Wraps	Assorted Wraps	Assorted Wraps	Assorted Wraps	Assorted Wraps
Vegetables	Carrot Sticks and Cucumber Sticks	Peas and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Flapjack with Fruit Slices	Peach Shortbread Pudding and Custard	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Vanilla Ice-Cream

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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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Cheese and Tomato Pizza With Potato Wedges	Hot Chicken Sandwich With Potato Wedges	Roast Gammon with Roast Potatoes and Gravy Roast Gammon with fluffy roasties and tasty gravy	Beef Lasagne with Garlic Bread	Southern Fried Chicken Tasters with Chips
Alternative Dish	Veggie Sausage and Mash with Gravy Fluffy mash with veggie sausages and rich gravy	Macaroni Cheese	Quorn Roast with Roast Potatoes And Gravy	Veggie Lasagne served with a bread Delicious sheets of pasta layered with veggies and tomato sauce	Quorn Dippers with Scrummy chips
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	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
Sandwiches	Assorted Baguettes	Assorted Baguettes	Assorted Baguettes	Assorted Baguettes	Assorted Baguettes
Vegetables	Peas and Carrots	Sweetcorn and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Oatie Biscuit with Fruit Slices	Apple and Carrot Yoghurt Muffin	Strawberry Ice Cream	Chocolate Sponge Cake	Crispy Snow Bar

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AVAILABLE EVERY DAY

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

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

