





# 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	<b>Veggie Burrito</b>    A soft wrap filled with lightly spiced veggies and rice	<b>Cheese and Tomato Pizza with Potato Wedges</b>   Cheesy tomato topped pizza slice	<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>Raspberry Ripple 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>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>Peas and Broccoli</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   A choice of hot and cold fillings or 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>Quorn Roast with Roast Potatoes and Gravy</b>  Delicious Quorn roast with fluffy roasties and tasty gravy	<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>Quorn Hot Dog with Potato Wedges</b>  A delicious Quorn hot dog	<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>Berry &amp; Peach Oaty Crumble with Custard</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



## SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<b>Mild Bean Chilli with Rice</b> 🌱🍷🌱 Super yummy mildly spiced veggie chilli	<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>Sausage and Mash with Gravy</b> Sausage and mash with rich gravy	<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>Peach Shortbread Pudding with Custard</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>Raspberry Yoghurt Cake 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

## SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<p><b>Cheese and Tomato Pizza</b>  </p> <p>Cheesy tomato topped pizza slice</p>	<p><b>Vegetarian Sausage with Mashed Potato and Gravy</b>  </p> <p>Veggie sausage and mash with rich gravy</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Peas and Carrots</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>A choice of hot and cold fillings</p>	<p><b>Oaty Biscuit with Fresh Cut Fruit Slices</b> </p>
TUESDAY	<p><b>Sweet and Sour Chicken with Rice</b>  </p> <p>Tasty chicken in a sweet and sour sauce with a rice side</p>	<p><b>Allegra's Cheesy Peasy Risotto Bake</b> </p> <p>A delicious baked cheesy, pea risotto</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Sweetcorn and Broccoli</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>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></p> <p>Roast pork with fluffy roasties and tasty gravy</p>	<p><b>Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy</b> </p> <p>A chunky butternut squash and potato pastry slice</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Carrots and Cabbage</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>A choice of hot and cold fillings</p>	<p><b>Strawberry Ice Cream with Fresh Cut Fruit Slices</b> </p>
THURSDAY	<p><b>Beef Lasagne with a Garlic &amp; Herb Bread Wedge</b> </p> <p>A classic Italian layered pasta dish with beef mince</p>	<p><b>Veggie Lasagne served with a Bread Wedge</b>  </p> <p>Delicious sheets of pasta layered with veggies and tomato sauce</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Green Beans and Sweetcorn</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>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></p> <p>Lightly seasoned crispy chicken strips and scrummy chips</p>	<p><b>Veggie Soft Taco and Chips</b>  </p> <p>A soft taco shell filled with a yummy veggie tomato chilli</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Baked Beans, Carrots and Peas</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>A choice of hot and cold fillings</p>	<p><b>Banana and Apricot Flapjack 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  Oily fish  Wholegrain  
 Fruity!  Nutritionist's Choice