

THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C:



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Burrito
A soft wrap filled with lightly spiced veggies and rice

Allegra's 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

Allegra's Broccoli and Cauliflower Cheese Pie
Cheesy broccoli and cauliflower with a shortcrust topping

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

Butternut Squash and Tomato Bake with Rice
A delicious butternut squash and tomato bake served with rice

Quorn Dippers and Chips
Crispy Quorn nuggets

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

Jacket Potato with salmon mayonnaise and a choice of fillings

Jacket Potato with a choice of fillings

Jacket Potato 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

Berry and Peach Oaty Crumble with Custard

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:



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Veggie Bolognese Penne pasta in a yummy tomato sauce	Allegra's Asian Sticky Noodles Chicken and vegetables in sweet sauce with noodles	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	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza Cheesy tomato topped pizza slice	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	The Incredible Burger 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
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	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
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	Raspberry Yoghurt Cake	Fruity Chocolate Brownie	Vanilla Ice Cream

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 3 MENU

W/C:



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese
Cheesy Macaroni Pasta

Allegra's Chilli Con Chicken and Sweet Potato Bake
Baked wedges of sweet potato, topped with tomato chicken and tortilla crunchies

Roast Pork with Roast Potatoes and Gravy
Succulent roast pork with fluffy roasties and tasty gravy

Beef Burrito
A soft wrap filled with fresh beef and rice

Southern Fried Chicken Tasters
Lightly seasoned crispy chicken strips and scrummy chips

Alternative Dish

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

Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy
A chunky butternut squash and potato slice

Veggie Lasagne
served with a bread wedge
Delicious sheets of pasta layered with veggies and tomato sauce

Soft Taco and Chips
A soft taco shell filled with a yummy veggie tomato chilli

Salads

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Jacket Potato

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With a choice of fillings

Pasta

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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

Banana and Apricot Flapjack

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