

WEEK 1

MONDAY



TUESDAY


WEDNESDAY



THURSDAY

FRIDAY



DAILY FAVOURITES...


Tomato Pasta  
or
Sandwiches
with a choice of fillings



Jacket Potato
with a choice of fillings 

Tomato Pasta  
or
Sandwiches
with a choice of fillings



Jacket Potato
with salmon mayo 



Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings 

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings 

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings  



HOT SPECIALS...

Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

Burrito 

A soft wrap filled with lightly spiced veggies and rice

Vegetable Supreme Pizza with dough balls  

Cheesy tomato pizza slice topped with sweetcorn and peppers

Allegra's Chicken Filo Pie with Mashed Potato

A delicious light filo pastry topped chicken pie

Veggie Korma with Bombay Potatoes 


A Veggie version of the classic mild Korma, with yummy lentils and chickpeas

Roast Turkey with Roast Potatoes & Gravy



Roast turkey with fluffy roasties and tasty gravy

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy  

A chunky sweet potato and chickpea roast

Favourite Beef Lasagne with a Garlic & Herb Bread Wedge 

A classic Italian beef lasagne in a yummy tomato sauce

Butternut Squash and Tomato Bake with Rice  

A delicious butternut squash and tomato bake served with rice

Southern Fried Chicken Tasters with Chips

Lightly seasoned crispy chicken strips and scrummy chips

Meat-free Dippers and Chips 

Crispy Quorn dippers with their fave sauce - ketchup

SIDES...

Fresh Carrots and Sweetcorn

Peas and Fresh Broccoli

Fresh Carrots and Fresh Cabbage

Fresh Broccoli and Sweetcorn

Baked Beans Fresh Carrots and Peas

PICK A PUD!

Raspberry Ripple Ice Cream
with Fruit Slices

Secret Brownie

Shortbread Biscuit
with Fruit Slices

Berry & Peach Oaty Crumble
with Custard

Orange, Sultana & Carrot Slice

Available every day!

Cool water

Salad

Freshly baked bread

Yoghurt


Fresh fruit

SALADS...

A Selection of Fresh Salads
Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad

WEEKS COMMENCING;
30/08, 20/09, 11/10, 01/11,
22/11, 13/12, 03/01, 24/01,
14/02, 07/03, 28/03, 18/04

Look out for these symbols for our super healthy dishes:

 Nutritionist's Choice

 Vegetarian

 Wholegrain



 Oily fish


 Fruity!

Allergy? Speak to our kitchen for help

WEEK 2

MONDAY



Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings 

Try something different!
Trying new and different foods is a great way of getting all the nutrition your body needs

HOT SPECIALS...

Veggie Bolognese 
Yummy veggie Bolognese with pasta

Cheese and Tomato Pizza with Dough Balls  
Cheese and Tomato Pizza with Dough Balls



SIDES...


Fresh Carrots and Sweetcorn

PICK A PUD!


 
Flapjack
with Fruit Slices

TUESDAY

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings 



Sausage and Mash with Gravy
Sausage and mash with rich gravy



Allegra's Oodles of Noodles 
Delicious noodles with tofu and veggies

Peas and Fresh Broccoli


Peach Shortbread Pudding
with Custard

WEDNESDAY

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings  

Roast Chicken with Roast Potatoes & Gravy
Succulent roast chicken with fluffy roasties

Creamy Vegetable Pie with Roast Potatoes and Gravy 
Creamy vegetable pie with a cheesy shortcrust topper

Available every day!

Cool water

Salad

Freshly baked bread



Yoghurt

Fresh fruit

Fresh Carrots and Fresh Cabbage

Raspberry Yoghurt Cake

THURSDAY

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings 



Cottage Pie 
Home cooked minced beef with a crispy potato topping


Mild Chickpea and Potato Curry  
A tasty mild chickpea and potato curry

Fresh Green Beans and Sweetcorn



Fruity Chocolate Brownie

FRIDAY

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings 

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips

Tomato Veggie Burger and Chips  
A scrummy tomato veggie burger in a soft bap

Baked Beans
Fresh Carrots and Peas

Vanilla Ice Cream
with Fruit Slices

SALADS...

A Selection of Fresh Salads
Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad

WEEKS COMMENCING;
06/09, 27/09, 18/10, 08/11,
29/11, 20/12, 10/01, 31/01,
21/02, 14/03, 04/04

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 Vegetarian

 Wholegrain

 Oily fish

 Fruity!

Allergy? Speak to our kitchen for help

WEEK 3

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



DAILY FAVOURITES...

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings


Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings


Tomato Pasta  
or
Sandwiches
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 

Jacket Potato
with a choice of fillings 

HOT SPECIALS...

Vegetable Supreme Pizza with dough balls  
Cheesy tomato pizza slice topped with sweetcorn and peppers

Veggie Sausage and Mash with Gravy  
Veggie Sausage and mash with gravy

Try something different!

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Allegra's Garlicky Chicken and Spanish Spuds 

Garlic seasoned chicken served with spanish style potatoes

Allegra's Cheesy Peasy Risotto Bake 

A delicious baked cheesy, pea risotto

Roast Pork with Roast Potatoes & Gravy

Roast pork with fluffy roasties and tasty gravy

Pastry Slice with Roast Potatoes and Gravy 

A chunky butternut squash and potato pastry slice

Beef Meatballs in Tomato Sauce with Pasta 

Delicious beef meatballs in a tasty tomato sauce with pasta

Veggie Balls in Tomato Sauce with Pasta   

Delicious veggie balls in a tasty tomato sauce with pasta

Golden Fish Fingers and Chips

Crispy fish fingers with scrummy chips

Soft Taco and Chips  

A soft taco shell filled with a yummy veggie tomato chilli

Available every day!

Cool water

Salad

Freshly baked bread

Yoghurt

Fresh fruit

SIDES...

Peas and Fresh Carrots

Sweetcorn and Fresh Broccoli

Fresh Carrots and Fresh Cabbage

Sweetcorn and Fresh Broccoli

Baked Beans Fresh Carrots and Peas

PICK A PUD!

 
Oatie Biscuit
with Fruit Slices


Apple and Carrot Yoghurt Muffin

Strawberry Ice Cream
with Fruit Slices


Chocolate Sponge Cake
with Fruit Slices


Creamy Peach Rice Pudding

SALADS...

A Selection of Fresh Salads
Including Lettuce, Cucumber, Tomato,
Grated Carrot, Sweetcorn
and Potato Salad

WEEKS COMMENCING;
13/09, 04/10, 25/10, 15/11,
06/12, 27/12, 17/01, 07/02,
28/02, 21/03, 11/04

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