

# THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

W/C: 18/04, 09/05, 06/06, 27/06, 18/07, 12/09, 03/10,



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Hot Main Dish

**Cheese and Tomato Pizza with Wedges**   
Cheesy tomato topped pizza slice

**Allegra 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 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 with their fave sauce – ketchup

### Salads

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad

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### Jacket Potato

**Jacket Potato**  
with a choice of fillings

### 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

Tuna, cheese or egg sandwich  
vegetables, fresh fruit 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, 13/06, 04/07, 29/08, 19/09, 10/10,



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Hot Main Dish

**Caribbean Curry and Rice**  
Curry and Rice 🌿

**Chicken Sausages and Mash**  
Classic Sausages and mash

**Roast Turkey with Roast Potatoes and Gravy**  
Succulent roast turkey with fluffy roasties and tasty gravy

**Meatballs in tomato sauce and pasta**  
Meatballs and pasta

**Southern Fried Dippers and Chips**  
Southern fried dippers 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, sweetcorn and potato salad

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**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad

### Jacket Potato

**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

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### 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** 🍏

**Orange Drizzle Cake and Custard**

**Raspberry Yoghurt Cake**

**Fruity Chocolate Brownie**

**Vanilla Ice-Cream**

SPRING/SUMMER 2022

**PACKED LUNCH – AVAILABLE DAILY**  
Tuna, cheese or egg sandwich  
vegetables, fresh fruit 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, 20/06, 11/07, 05/09, 26/09, 17/10



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Macaroni Cheese</b> Cheesy Macaroni Pasta 🌿 🍏	<b>Chicken Tikka Masala and Rice</b> ❤️	<b>Roast Turkey with Roast Potatoes and Gravy</b> Succulent roast turkey with fluffy roasties and tasty gravy	<b>Beef Burrito</b> A soft wrap filled with fresh beef and rice ❤️	<b>Southern Fried Chicken Tasters</b> Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	<b>Veggie Sausage and Mash with Gravy</b> 🍏 Fluffy mash with veggie sausages and rich gravy	<b>Allegra's Cheesy Peasy Risotto Bake</b> 🌿 🍏 A delicious baked cheesy pea risotto	<b>Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy</b> 🍏 A chunky butternut squash and potato slice	<b>Veggie Lasagne served with a bread wedge</b> 🍏 🌿 Delicious sheets of pasta layered with veggies and tomato sauce	<b>Soft Taco and Chips</b> 🍏 A soft taco shell filled with a yummy veggie tomato chilli
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 🍷	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
Pasta	<b>Tomato Pasta</b> 🍏 🌿 A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> 🍏 🌿 A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> 🍏 🌿 A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> 🍏 🌿 A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> 🍏 🌿 A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Peas and Carrots	Sweetcorn and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn 🌿	Baked Beans and Peas
Desserts	<b>Oatie Biscuit with Fruit Slices</b> 🍏	<b>Apple and Carrot Yoghurt Muffin</b> 🍏	Strawberry Ice Cream	Chocolate Sponge Cake	Banana and Apricot Flapjack

SPRING/SUMMER 2022

**PACKED LUNCH – AVAILABLE DAILY**  
 Tuna, cheese or egg sandwich  
 vegetables, fresh fruit or dessert of the day

**AVAILABLE EVERY DAY**  
 WATER, SALAD, FRESHLY BAKED BREAD,  
 YOGHURT & FRESH FRUIT

🍏 Vegetarian
🐟 Oily fish
🌿 Wholegrain
🍏 Fruity!
❤️ Nutritionist's Choice

