

# 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'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

**Hand Battered Fish and Chips**  
Crispy Battered fish fillet and scrummy chips

Alternative Dish

**Cheese & Tomato**   
Pizza  
With Dough Balls

**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

**Quorn Hot Dog**  
Served in a   
Soft roll  
With Baked Potato Wedges

**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**

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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 Mushy 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



## 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	Mac 'N' Cheese Cheesy Macaroni Pasta With Garlic Bread Wedge	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

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Hot Main Dish

Cheese & Tomato  
Pizza   
With Dough Balls  
Cheesy Tomato Pizza  
Topped slice

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 Meatballs   
In tomato sauce  
A classic Beef Meatballs in a  
yummy tomato sauce

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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Including lettuce, cucumber,  
tomato, grated carrot

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### Jacket Potato

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With a choice of fillings

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### Pasta

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A delicious fresh, homemade  
tomato sauce with penne 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