

WEEK 1 MENU

W/C: 09/05 30/05 20/06 11/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Meal	Veggie Burrito A soft wrap filled with lightly spiced veggies and rice	Allegra's BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	All Day Breakfast served with Potato Wedges Fluffy scrambled eggs, bacon, baked beans & potato wedges	Battered Fish Fillet served with Chips and Baked Beans
Hot Main Meal (V)	Cheese and Tomato Pizza 	Allegra's Broccoli and Cauliflower Cheese Pie with Mashed Potato Cheesy broccoli and cauliflower with a shortcrust topper	Quorn Roast with Roast Potatoes and Gravy	Quorn Hotdog served with Potato Wedges Served in a soft white finger roll	Quorn Dippers served with Chips and Baked Beans
Tomato Pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta
Jacket Potato	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings
Baguette					Ham Baguette
Vegetables	Green Beans and Sweetcorn	Fresh Broccoli and Peas	Fresh Carrots and Savoy Cabbage	Fresh Broccoli and Sweetcorn	Fresh Carrots and Peas
Desserts	Raspberry Ripple Ice Cream	Secret (Hidden Veg) Brownie	Vanilla Shortbread	Pineapple Upside Down Cake served with Custard	Lemon Cake Slice

All dessert offerings served with fresh cut Fruit slices

SPRING/SUMMER 2022

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Meal	Veggie Bolognese A rich veggie bolognese sauce served with wholewheat penne	Pork Sausages served with creamy Mashed Potatoes & Gravy	Roast Turkey with Roast Potatoes and Gravy	Beef Bolognese Served with wholewheat pasta	Fish Fingers served with Chips and Baked Beans
Hot Main Meal (V)	Cheese and Tomato Pizza	Veggie Burger served with Potato Wedges A delicious veggie burger, in a soft white bap with ketchup.	Creamy Vegetable Pie with Roast Potatoes and Gravy Mixed vegetables in a creamy sauce topped with a cheesy shortcrust pastry	Mild Chickpea and Potato Curry served with Rice	Quorn Dippers served with Chips and Baked Beans
Tomato Pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta
Jacket Potato	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings
Baguette					Cheese Baguette
Vegetables	Fresh Carrots and Sweetcorn	Fresh Broccoli and Peas	Fresh Carrots and Savoy Cabbage	Green Beans and Sweetcorn	Fresh Carrots and Peas
Desserts	Oaty Flapjack	Orange Shortbread	Raspberry Yoghurt Cake	Fruity Chocolate Brownie	Vanilla Ice-Cream

All dessert offerings served with fresh cut Fruit slices

SPRING/SUMMER 2022

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Meal	Cheese and Tomato Pizza	Chicken Tikka Masala with Rice	Roast Pork with Roast Potatoes and Gravy	Beef Burrito A soft wrap filled with lightly spiced beef and rice	Southern Fried Chicken Tasters served with Chips and Baked Beans
Hot Main Meal (V)	Veggie Sausage served with creamy Mashed Potatoes & Gravy	Veggie Balls in Tomato Sauce served with Wholewheat pasta	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy	Veggie Lasagne served with a 50/50 Bread Wedge	Soft Taco with Mild Tomato Chilli with Chips and Baked Beans
Tomato Pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta	Tomato Pasta A rich homemade tomato sauce with wholewheat pasta
Jacket Potato	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings	Jacket Potato With a choice of hot & cold fillings
Baguette					Tuna Baguette
Vegetables	Fresh Carrots and Peas	Fresh Broccoli and Sweetcorn	Fresh Carrots and Savoy Cabbage	Green Beans and Sweetcorn	Fresh Carrots and Peas
Desserts	Oat Biscuit	Apple and Carrot Yoghurt Muffin	Strawberry Ice Cream	Chocolate Sponge Cake	Crispy Crackle Bar

All dessert offerings served with fresh cut Fruit slices

SPRING/SUMMER 2022

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice