

WEEK 1

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 salmon  
mayo  

Jacket  
Potato  
with a choice  
of fillings 

Jacket  
Potato  
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

Allegra's  
Chicken Filo  
Pie with  
Mashed Potato  
A delicious light  
filo pastry topped chicken  
pie

Roast Turkey  
with Roast  
Potatoes &  
Gravy  
Roast turkey  
with fluffy  
roasties and  
tasty gravy

Pasta  
Bolognese   
A classic Italian  
beef Bolognese  
in a yummy  
tomato sauce

HOT SPECIALS...



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

Macaroni  
Cheese   
Traditional Mac  
N Cheese,  
delicious  
macaroni in a  
creamy cheese  
sauce

Meat-free Roast  
with Roast Potatoes  
and Gravy    
Delicious Quorn  
roast  
with fluffy roasties  
and tasty gravy

Veggie Balls in  
Tomato Sauce  
with Pasta    
   
Delicious veggie  
balls in a tasty  
tomato sauce  
with pasta

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

Burrito   
  
A soft wrap  
filled with lightly  
spiced veggies  
and rice

Available every day!

Cool water  
Salad  
Freshly baked bread  
Yoghurt  
Fresh fruit



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


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...**

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

**Burrito**   
  
A soft wrap filled with lightly spiced veggies and rice



**SIDES...**



**Fresh Carrots and Sweetcorn**

**PICK A PUDI!**

   
**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

**Macaroni Cheese**   
Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce

**Available every day!**

**Cool water**

**Salad**

**Freshly baked bread**



**Yoghurt**


**Fresh fruit**

**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


**Meat-free Roast with Roast Potatoes and Gravy**    
Delicious Quorn roast with fluffy roasties and tasty gravy

**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 

**Favourite Beef Lasagne with a Garlic & Herb Bread Wedge**  
A classic Italian beef lasagne in a yummy tomato sauce



**Veggie Balls in Tomato Sauce with Pasta**    
Delicious veggie balls in a tasty tomato sauce with pasta





**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

**Meat-free Dippers and Chips**   
Crispy Quorn dippers with their fave sauce - ketchup

**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





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 3

MONDAY



**Tomato Pasta**    
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings 

**Try something different!**

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**HOT SPECIALS...**

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

**Burrito**    
A soft wrap filled with lightly spiced veggies and rice



**SIDES...**


**Peas and Fresh Carrots**


**PICK A PUD!**

   
**Oatie Biscuit**  
with Fruit Slices

TUESDAY

**Tomato Pasta**    
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings 

**Allegra's Garlicky Chicken and Spanish Spuds** 

Garlic seasoned chicken served with spanish style potatoes

**Macaroni Cheese**   
Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce


**Available every day!**

**Cool water Salad**



**Freshly baked bread**


**Yoghurt**  
**Fresh fruit**

**Sweetcorn and Fresh Broccoli**

  
**Apple and Carrot**  
**Yoghurt Muffin**

WEDNESDAY

**Tomato Pasta**    
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings 



**Roast Pork with Roast Potatoes & Gravy**  
Roast pork with fluffy roasties and tasty gravy


**Meat-free Roast with Roast Potatoes and Gravy**    
Delicious Quorn roast with fluffy roasties and tasty gravy

**Fresh Carrots and Fresh Cabbage**

**Strawberry Ice Cream**  
with Fruit Slices

THURSDAY

**Tomato Pasta**    
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings 



**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

**Sweetcorn and Fresh Broccoli**

  
**Chocolate Sponge Cake**  
with Fruit Slices

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

**Meat-free Dippers and Chips**   
Crispy Quorn dippers with their fave sauce - ketchup


**Baked Beans**  
**Fresh Carrots**  
and  
**Peas**





**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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