

WEEK 1 MENU

W/C: 18/04 09/05 30/05 20/06
11/07 12/09 03/10

SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	Veggie Burrito ♡ ♡ ♡ A soft wrap filled with lightly spiced veggies and rice	Macaroni Cheese ♡ Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Packed Lunch See below for details	Jacket Potatoes ♡ ♡ ♡ A choice of hot and cold fillings	Raspberry Ripple Ice Cream
TUESDAY	Allegra's BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges BBQ chicken breast burger with zingy corn relish	Allegra's Broccoli And Cauliflower Cheese Pie with Mashed Potato ♡ Cheesy broccoli and cauliflower with a shortcrust topping	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Peas and Broccoli	Packed Lunch See below for details	Jacket Potatoes ♡ ♡ ♡ with salmon mayonnaise 🐟	Brownie
WEDNESDAY	Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy ♡ ♡ A chunky sweet potato and chickpea roast	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Packed Lunch See below for details	Jacket Potatoes ♡ ♡ ♡ A choice of hot and cold fillings	Shortbread Biscuit with Fresh Cut Fruit Slices ♡
THURSDAY	Beef Bolognese ♡ ♡ A classic Italian beef bolognese in a yummy tomato sauce	Butternut Squash and Tomato Bake with Rice ♡ ♡ ♡ A delicious butternut squash and tomato bake served with rice	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Sweetcorn	Packed Lunch See below for details	Jacket Potatoes ♡ ♡ ♡ A choice of hot and cold fillings	Berry & Peach Oaty Crumble with Custard ♡ ♡
FRIDAY	Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips	Quorn Nuggets and Chips ♡ Crispy Quorn nuggets with their fave sauce - ketchup	Tomato Pasta ♡ ♡ Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Packed Lunch See below for details	Jacket Potatoes ♡ ♡ ♡ A choice of hot and cold fillings	Orange, Sultana & Carrot Slice

SANDWICH BAR - AVAILABLE DAILY

HAM AND CHEESE OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YOYO 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 06/06 27/06
18/07 19/09 10/10

SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	Cheese and Tomato Pizza ♻️ 🌱 Cheesy tomato topped pizza slice	Veggie Bolognese ♻️ 🌱 🍷 Yummy veggie Bolognese with pasta	Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Carrot Sticks and Cucumber Sticks	Packed Lunch See below for details	Jacket Potatoes ♻️ 🌱 A choice of hot and cold fillings	Flapjack with Fruit Slices 🍓 🍷
TUESDAY	Allegra's Asian Sticky Noodles Chicken and vegetables in sweet sauce with noodle	Allegra's BBQ Beans with Allegra's Cornbread ♻️ 🍷 Tasty BBQ beans served with cornbread	Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Peas	Packed Lunch See below for details	Jacket Potatoes ♻️ 🌱 A choice of hot and cold fillings	Peach Shortbread Pudding with Custard 🍑
WEDNESDAY	Roast Turkey with Roast Potatoes & Gravy Roast turkey with fluffy roasties and tasty gravy	Creamy Vegetable Pie with Roast Potatoes and Gravy ♻️ Creamy vegetable pie with a cheesy shortcrust topper	Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Cabbage and Carrots	Packed Lunch See below for details	Jacket Potatoes ♻️ 🌱 A choice of hot and cold fillings	Raspberry Yoghurt Cake
THURSDAY	Cottage Pie ♻️ Home cooked minced beef with a crispy potato topping	Mild Chickpea and Potato Curry with Rice ♻️ 🌱 🍷 Tasty chickpea and potato curry served with rice	Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Packed Lunch See below for details	Jacket Potatoes ♻️ 🌱 A choice of hot and cold fillings	Fruity Chocolate Brownie
FRIDAY	Battered Fish Fillet with Chips	The Incredible Burger served with Chips ♻️ Meatless burger in a soft bap with ketchup	Tomato Pasta ♻️ 🌱 Fresh, homemade tomato and basil sauce with penne pasta	Peas and Baked Beans	Packed Lunch See below for details	Jacket Potatoes ♻️ 🌱 A choice of hot and cold fillings	Vanilla Ice Cream

SANDWICH BAR - AVAILABLE DAILY

HAM AND CHEESE OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YOYO 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 13/06 04/07
05/09 26/09 17/10

SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	Macaroni Cheese ♻️ Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Vegetarian Sausage with Mashed Potato and Gravy ♻️ Veggie sausage and mash with rich gravy	Tomato Pasta ♻️ Fresh, homemade tomato and basil sauce with penne pasta	Peas and Carrots	Packed Lunch See below for details	Jacket Potatoes ♻️ A choice of hot and cold fillings	Oaty Biscuit with Fresh Cut Fruit Slices ♻️
TUESDAY	Allegra's Chilli Con Chicken and Sweet Potato Bake ♻️ Baked wedges of sweet potato, topped with tomato chicken & tortilla crunchies	Allegra's Cheesy Peasy Risotto Bake ♻️ A delicious baked cheesy, pea risotto	Tomato Pasta ♻️ Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Broccoli	Packed Lunch See below for details	Jacket Potatoes ♻️ A choice of hot and cold fillings	Apple and Carrot Yoghurt Muffin ♻️
WEDNESDAY	Roast Pork with Roast Potatoes & Gravy Roast pork with fluffy roasties and tasty gravy	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy ♻️ A chunky butternut squash and potato pastry slice	Tomato Pasta ♻️ Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Packed Lunch See below for details	Jacket Potatoes ♻️ A choice of hot and cold fillings	Strawberry Ice Cream
THURSDAY	Beef Burrito ♻️ A soft wrap filled with lightly spiced beef and rice	Veggie Lasagne served with a Bread Wedge ♻️ Delicious sheets of pasta layered with veggies and tomato sauce	Tomato Pasta ♻️ Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Packed Lunch See below for details	Jacket Potatoes ♻️ A choice of hot and cold fillings	Chocolate Sponge Cake
FRIDAY	Southern Fried Chicken Tasters with Chips Lightly seasoned crispy chicken strips and scrummy chips	Veggie Soft Taco and Chips ♻️ A soft taco shell filled with a yummy veggie tomato chilli	Tomato Pasta ♻️ Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Packed Lunch See below for details	Jacket Potatoes ♻️ A choice of hot and cold fillings	Banana and Apricot Flapjack

SANDWICH BAR - AVAILABLE DAILY

HAM AND CHEESE OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YOYO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

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

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