

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	<p>Veggie Burrito ♡ ♣ ♠</p> <p>A soft wrap filled with lightly spiced veggies and rice</p>	<p>Macaroni Cheese ♣</p> <p>Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce</p>	<p>Tomato Pasta ♣ ♠</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Green Beans and Sweetcorn</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes ♡ ♣ ♠</p> <p>A choice of hot and cold fillings</p>	<p>Raspberry Ripple Ice Cream</p>
TUESDAY	<p>Allegra's BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges</p> <p>BBQ chicken breast burger with zingy corn relish</p>	<p>Allegra's Broccoli And Cauliflower Cheese Pie with Mashed Potato ♣</p> <p>Cheesy broccoli and cauliflower with a shortcrust topping</p>	<p>Tomato Pasta ♣ ♠</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Peas and Broccoli</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes ♡ ♣ ♠</p> <p>with salmon mayonnaise 🐟</p>	<p>Brownie</p>
WEDNESDAY	<p>Roast Chicken with Roast Potatoes & Gravy</p> <p>Succulent roast chicken with fluffy roasties and tasty gravy</p>	<p>Quorn Roast with Roast Potatoes and Gravy ♣</p> <p>Delicious Quorn roast with fluffy roasties and tasty gravy</p>	<p>Tomato Pasta ♣ ♠</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Carrots and Cabbage</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes ♡ ♣ ♠</p> <p>A choice of hot and cold fillings</p>	<p>Shortbread Biscuit with Fresh Cut Fruit Slices ♣</p>
THURSDAY	<p>Beef Bolognese ♣ ♠</p> <p>A classic Italian beef bolognese in a yummy tomato sauce</p>	<p>Quorn Hot Dog with Potato Wedges ♣</p> <p>A delicious Quorn hot dog</p>	<p>Tomato Pasta ♣ ♠</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Broccoli and Sweetcorn</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes ♡ ♣ ♠</p> <p>A choice of hot and cold fillings</p>	<p>Pineapple Upside Down Cake with Custard ♣ ♠</p>
FRIDAY	<p>Golden Fish Fingers and Chips</p> <p>Crispy fish fingers with scrummy chips</p>	<p>Quorn Nuggets and Chips ♣</p> <p>Crispy Quorn nuggets with their fave sauce - ketchup</p>	<p>Tomato Pasta ♣ ♠</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Baked Beans and Peas</p>	<p>Packed Lunch</p> <p>See below for details</p>	<p>Jacket Potatoes ♡ ♣ ♠</p> <p>A choice of hot and cold fillings</p>	<p>Chocolate & Raspberry Swirl Cake</p>

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	Sausage and Mash with Gravy Sausage and mash with rich gravy	Vegetable Lasagne with a Garlic & Herb Bread Wedge   Delicious sheets of pasta layered with veggies and tomato sauce	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	Veggie Bolognese Yummy veggie Bolognese with pasta	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	Hot Chicken Sandwich with Potato Wedges Roast chicken served in a soft bun with lettuce and mayo	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	Quorn Roast with Roast Potatoes and Gravy Delicious Quorn roast with fluffy roasties and tasty gravy	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 Lasagne with a Garlic & Herb Bread Wedge A classic Italian layered pasta dish with beef mince	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	BBQ Veggie Burger with Chips BBQ veggie burger in a soft bap	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