

THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 25/04, 15/05, 06/06, 27/06, 18/07, 12/09, 03/10, 24/10,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Chinese Veggie Noodles

Stir-fried veg & egg noodles with soy sauce

Allegra's Proper Chicken Pie with Mashed Potato

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

Golden Fish Fingers and Chips

Crispy fish fingers and scrummy chips

Alternative Dish

Macaroni Cheese

Cheesy macaroni pasta

Allegra 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

Chinese Veggie Rice

Quorn Dippers and Chips

Crispy Quorn nuggets with their fave sauce – ketchup

Third Choice

Jacket Potato with Salmon Mayonnaise

Jacket Potato with Salmon Mayonnaise

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 a choice of fillings

Jacket Potato with 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 Peas

Desserts

Chocolate Ice-Cream

Secret Brownie

Shortbread Biscuit with Fruit Slices

Banana and Apricot Flapjack with Fruit Slices

Orange, Sultana and Carrot Slice

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice



Internal

SPRING/SUMMER 2022

WEEK 2 MENU

W/C: 02/05, 23/05, 13/06, 04/07, 29/08, 19/09,
10/10



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

Allegra's BBQ Beans  
Tasty BBQ beans served
with cornbread

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
  

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 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

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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 

**Orange Shortbread
with Fruit Slices** 

Crunchy Chocolate Biscuit

Fruity Chocolate Brownie

Vanilla Ice-Cream

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT & FRESH FRUIT

 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's choice**



Internal

SPRING/SUMMER 2022

WEEK 3 MENU

W/C: 09/05, 30/05, 20/06, 11/07, 05/09, 26/09, 17/10




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| Hot Main Dish | Cheese and Tomato Pizza   Potato Wedges | Chinese Chicken Noodles | Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy | Beef Bolognese   With pasta | 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 | Veggie Balls In Tomato Sauce with Pasta    | 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 | 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 | 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 |

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT & FRESH FRUIT

 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's choice**



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