

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

Bacon All Day Breakfast with Potato Wedges


A yummy all day breakfast with bacon and potato wedges

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



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 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  

Try something different!

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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

Sausage and Mash with Gravy
Sausage and mash with rich gravy

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

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

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

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

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips

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

SIDES...

Fresh Carrots and Sweetcorn

Peas and Fresh Broccoli

Fresh Carrots and Fresh Cabbage

Fresh Green Beans and Sweetcorn

Baked Beans Fresh Carrots and Peas

PICK A PUD!

 
Flapjack
with Fruit Slices


Peach Shortbread Pudding
with Custard

Raspberry Yoghurt Cake

Fruity Chocolate Brownie

Vanilla Ice Cream
with Fruit Slices

Available every day!

Cool water

Salad

Freshly baked bread

Yoghurt

Fresh fruit

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



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 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  

Try something different!

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HOT SPECIALS...

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

Allegra's Garlicky Chicken and Spanish Spuds 
Garlic seasoned chicken served with spanish style potatoes

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


Beef Meatballs in Tomato Sauce with Pasta 
Delicious beef meatballs in a tasty tomato sauce with pasta

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

Golden Fish Fingers and Chips
Crispy fish fingers with 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



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

SIDES...

Peas and Fresh Carrots

Sweetcorn and Fresh Broccoli

Fresh Carrots and Fresh Cabbage

Sweetcorn and Fresh Broccoli

Baked Beans Fresh Carrots and Peas

PICK A PUD!

 
Oatie Biscuit
with Fruit Slices


Apple and Carrot Yoghurt Muffin

Strawberry Ice Cream
with Fruit Slices


Chocolate Sponge Cake
with Fruit Slices

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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