

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

## Favourite Beef Lasagne with a Garlic & Herb Bread Wedge

A classic Italian beef lasagne in a yummy tomato sauce

## HOT SPECIALS...

### Burrito

A soft wrap filled with lightly spiced veggies and rice

### Veggie Korma with Bombay Potatoes

A Veggie version of the classic mild Korma, with yummy lentils and chickpeas

### Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy

A chunky sweet potato and chickpea roast

### Butternut Squash and Tomato Bake with Rice

A delicious butternut squash and tomato bake served with rice

### Golden Fish Fingers and Chips

Crispy fish fingers with scrummy chips

### Vegetable Supreme Pizza with dough balls

Cheesy tomato pizza slice topped with sweetcorn and peppers

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  

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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...

**Veggie Bolognese**    
Yummy veggie Bolognese with pasta

**Sausage and Mash with Gravy**  
Sausage and mash with rich gravy

**Roast Chicken with Roast Potatoes & Gravy**  
Succulent roast chicken with fluffy roasties



**Cottage Pie**   
Home cooked minced beef with a crispy potato topping

**Allegra's Oodles of Noodles**    
Delicious noodles with tofu and veggies

**Creamy Vegetable Pie with Roast Potatoes and Gravy**   
Creamy vegetable pie with a cheesy shortcrust topper

**Mild Chickpea and Potato Curry**    
A tasty mild chickpea and potato curry

**Golden Fish Fingers and Chips**  
Crispy fish fingers with scrummy chips

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

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 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

## 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...


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

**Jacket Potato**  
with a choice of fillings 

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**Jacket Potato**  
with a choice of fillings 

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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

**Allegra's Cheesy Peasy Risotto Bake**   
A delicious baked cheesy, pea risotto

**Pastry Slice with Roast Potatoes and Gravy**   
A chunky butternut squash and potato pastry slice

**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

**Veggie Sausage and Mash with Gravy**    
Veggie Sausage and mash with gravy

Available every day!

Cool water  
Salad

Freshly baked bread

Yoghurt  
Fresh fruit



**Soft Taco and Chips**    
A soft taco shell filled with a yummy veggie tomato chilli

## 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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