




















WEEK 1 MENU

W/C: 09/05 30/05 20/06 11/07

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 | Cheese and Tomato Pizza with Potato Wedges   Cheesy tomato topped pizza slice | 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 with Fresh Cut Fruit Slices  |
| 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 | Secret Brownie with Fresh Cut Fruit Slices  |
| WEDNESDAY | Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken 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 | Shortbread Biscuit with Fresh Cut Fruit Slices  |
| THURSDAY | Beef Bolognese   A classic Italian beef bolognese in a yummy tomato sauce | Quorn Hot Dog with Potato Wedges  A delicious Quorn hot dog | 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, Carrots and Peas | Packed Lunch See below for details | Jacket Potatoes   A choice of hot and cold fillings | Chocolate and Raspberry Swirl Cake with Fresh Cut Fruit Slices  |

SANDWICH BAR - AVAILABLE DAILY

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

SPRING/SUMMER 2022

| | HOT SPECIALS... | DAILY FAVES... | SIDES... | PACKED LUNCH... | JACKET POTATOES... | PICK A PUD! | |
|-----------|--|---|--|--------------------------------------|--|---|---|
| MONDAY | Veggie Bolognese    Yummy veggie Bolognese with pasta | Cheese and Tomato Pizza   Cheesy tomato topped pizza slice | Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta | Carrots and Sweetcorn | Packed Lunch See below for details | Jacket Potatoes   A choice of hot and cold fillings | Flapjack with Fresh Cut 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 | Crunchy Chocolate Biscuit with Fresh Cut Fruit Slices  |
| THURSDAY | Cottage Pie  Home cooked minced beef with a crispy potato topping | Veggie Balls in Tomato Sauce with Pasta    Delicious veggie balls in a tasty tomato sauce with pasta | 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 Cake with Fresh Cut Fruit Slices  |
| FRIDAY | Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips | Quorn Dippers with Chips  Crispy Quorn dippers with their fave sauce - ketchup | Tomato Pasta   Fresh, homemade tomato and basil sauce with penne pasta | Baked Beans, Carrots and Peas | Packed Lunch See below for details | Jacket Potatoes   A choice of hot and cold fillings | Vanilla Ice Cream with Fresh Cut Fruit Slices  |

SANDWICH BAR - AVAILABLE DAILY
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

SPRING/SUMMER 2022

| | HOT SPECIALS... | DAILY FAVES... | SIDES... | PACKED LUNCH... | JACKET POTATOES... | PICK A PUD! | |
|-----------|--|---|---|---|---|--|--|
| MONDAY | <p>Macaroni Cheese </p> <p>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p> | <p>Vegetarian Sausage with Mashed Potato and Gravy </p> <p>Veggie sausage and mash with rich gravy</p> | <p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p> | <p>Peas and Carrots</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>Oaty Biscuit with Fresh Cut Fruit Slices  </p> |
| TUESDAY | <p>Sweet and Sour Chicken with Rice  </p> <p>Tasty chicken in a sweet and sour sauce with a rice side</p> | <p>Allegra's Cheesy Peasy Risotto Bake </p> <p>A delicious baked cheesy, pea risotto</p> | <p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p> | <p>Sweetcorn and Broccoli</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>Apple and Carrot Yoghurt Muffin </p> |
| WEDNESDAY | <p>Tender Roast Gammon with Roast Potatoes & Gravy</p> <p>Tender roast gammon 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>Strawberry Ice Cream with Fresh Cut Fruit Slices </p> |
| THURSDAY | <p>Beef Meatballs in Tomato Sauce with Pasta </p> <p>Delicious beef meatballs in a tasty tomato sauce with pasta</p> | <p>Veggie Lasagne served with a Bread Wedge  </p> <p>Delicious sheets of pasta layered with veggies and tomato 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>Chocolate Sponge Cake with Fresh Cut Fruit Slices </p> |
| FRIDAY | <p>Battered Fish Fillet and Chips</p> <p>Crispy fish fillet with scrummy chips</p> | <p>Quorn Dippers with Chips </p> <p>Crispy Quorn dippers with their fave sauce - ketchup</p> | <p>Tomato Pasta  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p> | <p>Baked Beans, Carrots 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>Cheese and Biscuits with Fresh Cut Fruit Slices </p> |

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