

	HOT SPECIALS...	DAILY FAVES...	WEEK 3
MONDAY	<p>Macaroni Cheese ✓ Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p> <p>Veggie Sausage and Mash with Gravy ✓ Veggie sausage and mash with rich gravy</p>	<p>Jacket Potato ✓ with a choice of fillings</p> <p>Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>SIDES...</p> <p>Peas and Carrots</p> <p>PICK A PUD!</p> <p>Oatie Biscuit with Fruit Slices</p>
TUESDAY	<p>Allegra's Garlicky Chicken and Spanish Spuds ✓ Garlic seasoned chicken served with spanish style potatoes</p> <p>Allegra's Cheesy Peasy Risotto Bake ✓ A delicious baked cheesy, pea risotto</p>	<p>Jacket Potato ✓ with a choice of fillings</p> <p>Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Sweetcorn and Broccoli</p> <p>Apple and Carrot Yoghurt Muffin</p>
WEDNESDAY	<p>Roast Chicken with Roast Potatoes & Gravy ✓ Succulent roast chicken with fluffy roasties and tasty gravy</p> <p>Butternut Squash and Potato Slice with Roast Potatoes and Gravy ✓ A chunky Butternut Squash and Potato slice</p>	<p>Jacket Potato ✓ with a choice of fillings</p> <p>Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Carrots and Cabbage</p> <p>Mango Frozen Yoghurt</p>
THURSDAY	<p>Beef Burrito ✓ A soft wrap filled with fresh beef and rice</p> <p>Veggie Lasagne served with a Bread Wedge ✓ Delicious sheets of pasta layered with veggies and tomato sauce</p>	<p>Jacket Potato ✓ with a choice of fillings</p> <p>Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Green Beans and Sweetcorn</p> <p>Crispy Snow Bar</p>
FRIDAY	<p>Southern Fried Chicken Tasters with Chips ✓ Lightly seasoned crispy chicken strips and scrummy chips</p> <p>Soft Taco and Chips ✓ A soft taco shell filled with a yummy veggie tomato chilli</p>	<p>Jacket Potato ✓ with a choice of fillings</p> <p>Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Baked Beans and Peas</p> <p>Chocolate Sponge Cake</p>

W/C: 13/09 04/10 01/11
22/11 13/12 17/01
07/02 07/03 28/03
09/05



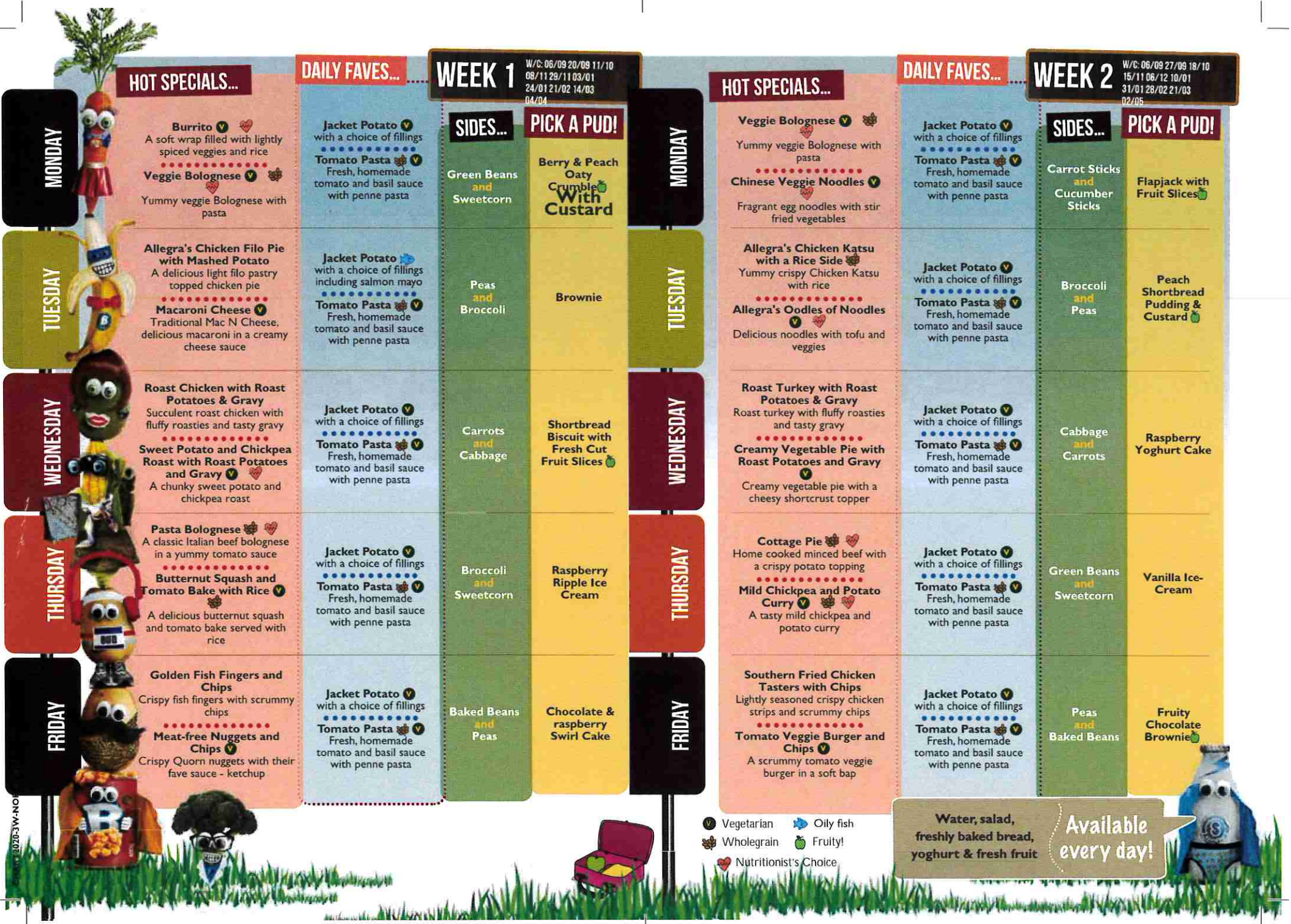
Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

THREE WEEK MENU

AUTUMN/WINTER 2021



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HOT SPECIALS...

DAILY FAVES...

WEEK 1

W/C: 06/09 20/09 11/10
08/11 29/11 03/01
24/01 21/02 14/03
04/04

HOT SPECIALS...

DAILY FAVES...

WEEK 2

W/C: 06/09 27/09 18/10
15/11 06/12 10/01
31/01 28/02 21/03
02/05

MONDAY

Burrito
A soft wrap filled with lightly spiced veggies and rice
.....
Veggie Bolognese
Yummy veggie Bolognese with pasta

Jacket Potato
with a choice of fillings
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

SIDES...
Green Beans and Sweetcorn

PICK A PUD!
Berry & Peach Oaty Crumble With Custard

MONDAY

TUESDAY

Allegra's Chicken Filo Pie with Mashed Potato
A delicious light filo pastry topped chicken pie
.....
Macaroni Cheese
Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce

Jacket Potato
with a choice of fillings including salmon mayo
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

Peas and Broccoli

Brownie

TUESDAY

WEDNESDAY

Roast Chicken with Roast Potatoes & Gravy
Succulent roast chicken with fluffy roasties and tasty gravy
.....
Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy
A chunky sweet potato and chickpea roast

Jacket Potato
with a choice of fillings
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

Carrots and Cabbage

Shortbread Biscuit with Fresh Cut Fruit Slices

WEDNESDAY

THURSDAY

Pasta Bolognese
A classic Italian beef bolognese in a yummy tomato sauce
.....
Butternut Squash and Tomato Bake with Rice
A delicious butternut squash and tomato bake served with rice

Jacket Potato
with a choice of fillings
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

Broccoli and Sweetcorn

Raspberry Ripple Ice Cream

THURSDAY

FRIDAY

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips
.....
Meat-free Nuggets and Chips
Crispy Quorn nuggets with their fave sauce - ketchup

Jacket Potato
with a choice of fillings
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

Baked Beans and Peas

Chocolate & raspberry Swirl Cake

FRIDAY

Veggie Bolognese
Yummy veggie Bolognese with pasta
.....
Chinese Veggie Noodles
Fragrant egg noodles with stir fried vegetables

Jacket Potato
with a choice of fillings
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

SIDES...
Carrot Sticks and Cucumber Sticks

PICK A PUD!
Flapjack with Fruit Slices

Allegra's Chicken Katsu with a Rice Side
Yummy crispy Chicken Katsu with rice
.....
Allegra's Oodles of Noodles
Delicious noodles with tofu and veggies

Jacket Potato
with a choice of fillings
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

Broccoli and Peas

Peach Shortbread Pudding & Custard

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

Jacket Potato
with a choice of fillings
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

Cabbage and Carrots

Raspberry Yoghurt Cake

Cottage Pie
Home cooked minced beef with a crispy potato topping
.....
Mild Chickpea and Potato Curry
A tasty mild chickpea and potato curry

Jacket Potato
with a choice of fillings
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

Green Beans and Sweetcorn

Vanilla Ice-Cream

Southern Fried Chicken Tasters with Chips
Lightly seasoned crispy chicken strips and scrummy chips
.....
Tomato Veggie Burger and Chips
A scrummy tomato veggie burger in a soft bun

Jacket Potato
with a choice of fillings
.....
Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

Peas and Baked Beans

Fruity Chocolate Brownie

- Vegetarian
- Oily fish
- Wholegrain
- Fruity!
- Nutritionist's Choice

Water, salad, freshly baked bread, yoghurt & fresh fruit

Available every day!

