

THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C:
25/04,16/05,13/06,04/07,05/09,26/09,17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Burrito A soft wrap filled with lightly spiced veggies and rice	Allegra BBQ Chicken Burger Corn and Pineapple Relish BBQ chicken breast burger with zingy corn relish	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	Battered Fish and Chips Crispy Battered fish and scrummy chips
Alternative Dish	Macaroni Cheese Cheesy macaroni pasta	Allegra Broccoli and Cauliflower Cheese Pie Cheesy broccoli and cauliflower with a shortcrust topping	Quorn Roast Succulent Quorn roast with fluffy roasties and tasty gravy	Butternut Squash and Tomato Bake with Rice A delicious butternut squash and tomato bake served with rice	Quorn Dippers and Chips Crispy Quorn nuggets with their fave sauce – ketchup
Third Choice		Jacket Potato with Salmon Mayonnaise			
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	
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	Cauliflower and Carrots	Peas and Broccoli	Carrots and Cabbage	Broccoli and Cauliflower	Baked Beans and Peas
Desserts	Sponge cake and custard	Secret Brownie	Shortbread Biscuit with Fruit Slices	Berry and Peach Oaty Crumble with Custard	Lemon Slice

SPRING/SUMMER 2022

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

WEEK 2 MENU

W/C: 02/05,23/05,20/06,11/07,12/09,03/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Veggie Bolognese Penne pasta in a yummy tomato sauce	Allegra 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	Veggie Korma with Rice	The Incredible Burger with Potato Wedges	Creamy Vegetable Pie with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	Veggie Balls In Tomato Sauce with Pasta	Quorn Dippers with Chips
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	
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	Swede and Carrots	Peas and Broccoli	Carrots and Cabbage	Cauliflower and Carrots	Baked Beans and Peas
Desserts	Flapjack with Fruit Slices	Orange Shortbread with Fruit Slices	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Plain Sponge Cake

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WEEK 3 MENU

W/C: 09/05,06/06,27/06,18/07,19/09,10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese
 Cheesy Macaroni Pasta

Sweet and Sour Chicken
 with Rice

Roast Chicken
 with Roast Potatoes and Gravy
 Succulent roast Chicken with
 fluffy roasties and tasty gravy

Cottage Pie
 Home cooked minced beef with
 crispy potato topping

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

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

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

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 tomato, grated carrot

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 Including lettuce, cucumber,
 tomato, grated carrot

Jacket Potato

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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 A delicious fresh, homemade
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Vegetables

Peas and Carrots

Swede and Broccoli

Carrots and Cabbage

Cauliflower and Broccoli

Baked Beans and Peas

Desserts

Oatie Biscuit with Fruit Slices

Pineapple and Peach Crumble
 with Custard

Sponge Cake

Chocolate Sponge Cake

Carrot Cake
 with Citrus Frosting

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 YOGHURT & FRESH FRUIT

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