

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, 06/06, 27/06, 18/07, 08/08, 29/08, 19/09, 10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Chinese Egg Noodles
Soft egg noodles served with delicious mixed vegetables

Allegra's BBQ Chicken Burger (H) Sweetcorn and Pineapple Relish
BBQ chicken breast burger with zingy corn relish

Roast Chicken with Roast (H) Potatoes and Gravy
Succulent roast chicken with fluffy roasties and tasty gravy

Beef Bolognese (H)
A classic Italian beef Bolognese in a yummy tomato sauce served with wholemeal pasta

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips

Alternative Dish

Macaroni Cheese
Cheesy macaroni pasta

Allegra's Fruity Cous Cous
with Mint Yoghurt and Flatbread Crisps

Quorn Roast with roast potatoes and Gravy
Succulent Quorn roast served with fluffy roasties and rich gravy

Quorn Hot Dog
Our favourite veggie hotdog served with ketchup in a soft roll served with potato wedges

Quorn Dippers and Chips
Crispy Quorn nuggets served with chips and their fave sauce – ketchup

Third Choice

Jacket Potato with Salmon Mayonnaise

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

Salads Bar

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
Tuna , Cheese or Baked Beans

Jacket Potato
with a choice of fillings
Tuna , Cheese or Baked Beans

Jacket Potato
with a choice of fillings
Tuna , Cheese or Baked Beans

Jacket Potato
with a choice of fillings
Tuna , Cheese or Baked Beans

Jacket Potato
with a choice of fillings
Tuna , Cheese or Baked Beans

Salad Bar

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

Tomato Pasta
A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta
A delicious fresh, homemade tomato sauce with penne pasta

Vegetables

Green Beans and Sweetcorn

Peas and Coleslaw

Carrots and Cabbage

Broccoli and Sweetcorn

Baked Beans and Peas

Desserts

Raspberry Ripple Ice-Cream

Orange Drizzle Cake

Shortbread Biscuit with Fruit Slices

Pineapple Upside Down Cake with Custard

Chocolate and Raspberry Swirl Cake

PACKED LUNCH – AVAILABLE DAILY
HAM ,CHEESE OR TUNA SANDWICH
WITH VEG STICKS AND FRESH FRUIT OR
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT & FRESH FRUIT

Vegetarian **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's choice**

(H) Halal Option Available

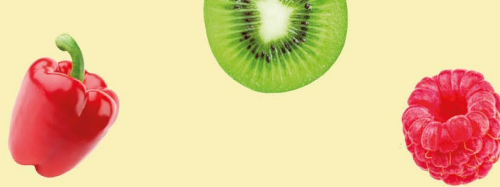


SPRING/SUMMER 2022



WEEK 2 MENU

W/C: 02/05, 23/05, 13/06, 04/07, 25/07, 15/08, 05/09, 26/09, 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2022

Hot Main Dish	Cheese and Tomato Pizza Cheesy tomato pizza slice Served with Potato wedges	Pork Sausages (H) Traditional Pork or Chicken sausages served with mash potatoes and rich gravy	Roast Turkey with (H) Roast Potatoes and Gravy Succulent roast turkey with fluffy roast potatoes and tasty gravy	Cottage Pie (H) A classic cottage pie with veg and gravy	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Veggie Bolognese Penne pasta in a yummy tomato sauce served with wholemeal pasta	The Incredible Burger served with Potato Wedges	Creamy Vegetable Pie with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	Mild Chickpea And Potato Curry Served with wholegrain rice	Quorn Dippers and Chips Crispy Quorn nuggets served with chips and their fave sauce – ketchup
Salad Bar	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 Tuna , Cheese or Baked Beans	Jacket Potato With a choice of fillings Tuna , Cheese or Baked Beans	Jacket Potato With a choice of fillings Tuna , Cheese or Baked Beans	Jacket Potato With a choice of fillings Tuna , Cheese or Baked Beans	Jacket Potato With a choice of fillings Tuna , Cheese or Baked Beans
Salad Bar	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	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Sweetcorn and Peas	Peas and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Flapjack with Fruit Slices	Orange Shortbread with Fruit Slice	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Chocolate Shortbread

PACKED LUNCH – AVAILABLE DAILY
HAM ,CHEESE OR TUNA SANDWICH
WITH VEG STICKS AND FRESH FRUIT OR
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

(H) Halal Option Available



WEEK 3 MENU

W/C: 09/05, 30/05, 20/06, 11/07, 01/08, 22/08, 12/09, 03/10, 24/10



MONDAY



TUESDAY



WEDNESDAY

THURSDAY



FRIDAY

Hot Main Dish

Vegetable Supreme Pizza  
with potato wedges

Sweet and Sour (H) Chicken  
Served with Wholegrain Rice




Roast Beef (H) with Yorkshire Pudding and Gravy
Succulent roast beef with creamy mash potatoes and tasty gravy


Beef Meatballs in Tomato Sauce, Halal BBQ Chicken Meatballs (H)  
Served with Wholegrain Pasta


Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips


Alternative Dish

Macaroni Cheese 
Cheesy Macaroni Pasta


Veggie Balls in Tomato Sauce   
Herby vegetarian ball served in a rich tomato sauce with wholemeal pasta

Quorn Roast Served with Yorkshire Pudding and Gravy 
Succulent Quorn roast served with creamy mash potatoes and rich gravy

Veggie Lasagne 
served with a bread wedge
Delicious sheets of pasta layered with veggies and tomato sauce

BBQ Veggie Burger 
Quorn Pattie in a Soft Bun Topped with BBQ Sauce

Salad Bar

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
Tuna, Cheese or Baked Beans



Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans



Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans



Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans



Jacket Potato
With a choice of fillings
Tuna, Cheese or Baked Beans



Salad Bar

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

Tomato Pasta  
A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta  
A delicious fresh, homemade tomato sauce with penne pasta

Vegetables

Peas and Sweetcorn

Sweetcorn and Broccoli



Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Oatie Biscuit with Fruit Slices  

Pineapple and Peach Crumble with Custard  

Lemon Drizzle Cake





Chocolate Slice

Crispy Crackle Bar with Fruit slices 

SPRING/SUMMER 2022

PACKED LUNCH – AVAILABLE DAILY
HAM, CHEESE OR TUNA SANDWICH
WITH VEG STICKS AND FRESH FRUIT OR
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT & FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's choice

(H) Halal Option Available

