

WEEK 1 MENU

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



So much more than fantastic food

SPRING/SUMMER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS...

Chinese Veggie Noodles
Fragrant egg noodles with stir fried vegetables

Macaroni Cheese
Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce

Allegra's Proper Chicken Pie with Mashed Potato
Chicken and leek shortcrust pie

Allegra's Broccoli And Cauliflower Cheese Pie with Mashed Potato
Cheesy broccoli and cauliflower with a shortcrust topping

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

Cottage Pie
Home cooked minced beef with a crispy potato topping

Red Lentil Dhal with Bombay Potato
An Indian lentil curry

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips

Quorn Nuggets and Chips
Crispy Quorn nuggets with their fave sauce - ketchup

DAILY FAVES...

Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

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Fresh, homemade tomato and basil sauce with penne pasta

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Fresh, homemade tomato and basil sauce with penne pasta

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Fresh, homemade tomato and basil sauce with penne pasta

Tomato Pasta
Fresh, homemade tomato and basil sauce with penne pasta

SIDES...

Green Beans and Sweetcorn

Peas and Broccoli

Carrots and Cabbage

Broccoli and Sweetcorn

Baked Beans and Peas

JACKET POTATOES...

Jacket Potatoes
A choice of hot and cold fillings

Jacket Potatoes
with salmon mayonnaise

Jacket Potatoes
A choice of hot and cold fillings

Jacket Potatoes
A choice of hot and cold fillings

Jacket Potatoes
A choice of hot and cold fillings

PICK A PUDI!

Vanilla Ice Cream

Brownie

Shortbread Biscuit with Fresh Cut Fruit Slices

Pineapple Upside Down Cake with Custard

Lemon Slice

AVAILABLE EVERY DAY

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

Vegetarian Oily fish Wholegrain

Fruity! Nutritionist's Choice

WEEK 2 MENU

W/C: 20/06 11/07 12/09 03/10



So much more than fantastic food

SPRING/SUMMER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS...

Veggie Bolognese 🌱 🌱 🌱
Yummy veggie Bolognese with pasta

Cheese and Tomato Pizza 🌱 🌱 🌱
Cheesy tomato topped pizza slice

Allegra's Asian Sticky Noodles
Chicken and vegetables in sweet sauce with noodle

Allegra's BBQ Beans with Allegra's Cornbread 🌱 🌱 🌱
Tasty BBQ beans served with cornbread

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

Beef Bolognese 🌱 🌱 🌱
A classic Italian beef Bolognese in a yummy tomato sauce

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

Tomato Veggie Burger with Chips 🌱
A delicious veggie burger in a soft bap with chips

DAILY FAVES...

Tomato Pasta 🌱 🌱 🌱
Fresh, homemade tomato and basil sauce with penne pasta

Tomato Pasta 🌱 🌱 🌱
Fresh, homemade tomato and basil sauce with penne pasta

Tomato Pasta 🌱 🌱 🌱
Fresh, homemade tomato and basil sauce with penne pasta

Tomato Pasta 🌱 🌱 🌱
Fresh, homemade tomato and basil sauce with penne pasta

Tomato Pasta 🌱 🌱 🌱
Fresh, homemade tomato and basil sauce with penne pasta

JACKET POTATOES...

Jacket Potatoes 🌱 🌱 🌱
A choice of hot and cold fillings

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Jacket Potatoes 🌱 🌱 🌱
A choice of hot and cold fillings

PICK A PUDI!

Flapjack with Fruit Slices 🌱 🌱 🌱

Orange Shortbread with Fruit Slices 🌱 🌱 🌱

Banana and Carrot Slice

Fruity Chocolate Brownie

Vanilla Ice Cream

AVAILABLE EVERY DAY

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

🌱 **Vegetarian** 🐟 **Oily fish** 🐠 **Wholegrain**
🍓 **Fruity!** 🥑 **Nutritionist's Choice**

WEEK 3 MENU

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



SPRING/SUMMER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS...	DAILY FAVES...	SIDES...	JACKET POTATOES...	PICK A PUD!
Macaroni Cheese Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Vegetarian Sausage with Mashed Potato and Gravy Veggie sausage and mash with rich gravy	Peas and Carrots	Jacket Potatoes A choice of hot and cold fillings	Oaty Biscuit with Fresh Cur Fruit Slices
Jerk Chicken with Rice and Peas Jerk seasoned chicken with rice and peas	Veggi Lasagna Served with a Bread Wedge	Sweetcorn and Broccoli	Jacket Potatoes A choice of hot and cold fillings	Apple and Carrot Yoghurt Muffin
Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy A chunky butternut squash and potato pastry slice	Carrots and Cabbage	Jacket Potatoes A choice of hot and cold fillings	Strawberry Ice Cream
Beef Meatballs in Tomato Sauce with Pasta Delicious beef meatballs in a tasty tomato sauce with pasta	Veggie Korma with Bombay Potato A Vegetarian version of the classic mild Korma with roast cauliflower and chickpeas	Green Beans and Sweetcorn	Jacket Potatoes A choice of hot and cold fillings	Chocolate Sponge Cake
Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips	Veggie Soft Taco and Chips A soft taco shell filled with a yummy veggie tomato chilli	Baked Beans and Peas	Jacket Potatoes A choice of hot and cold fillings	Lemon Drizzle Cake

AVAILABLE EVERY DAY

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

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