

WEEK 1



MONDAY  
TUESDAY  
WEDNESDAY  
THURSDAY  
FRIDAY

DAILY FAVOURITES...

Sandwiches with a choice of fillings	Jacket Potato with a choice of fillings
Sandwiches with a choice of fillings	Jacket Potato with salmon mayo
Sandwiches with a choice of fillings	Jacket Potato with a choice of fillings
Sandwiches with a choice of fillings	Jacket Potato with a choice of fillings
Sandwiches with a choice of fillings	Jacket Potato with a choice of fillings

Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

**Allegra's Chicken Filo Pie with Mashed Potato**  
A delicious light filo pastry topped chicken pie

**Roast Turkey with Roast Potatoes & Gravy**  
Roast turkey with fluffy roasties and tasty gravy

**Favourite Beef Lasagne with a Garlic & Herb Bread Wedge**  
A classic Italian beef lasagne in a yummy tomato sauce

HOT SPECIALS...

**Burrito**   
A soft wrap filled with lightly spiced veggies and rice

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

**Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy**   
A chunky sweet potato and chickpea roast

**Quorn Hot Dog with Potato Wedges**   
Tasty Quorn hot dog with scrummy potato wedges

**Golden Fish Fingers and Chips**  
Crispy fish fingers with scrummy chips

**Chinese Veggie Noodles**   
Fragrant egg noodles with stir fried vegetables

Available every day!  
Cool water  
Salad  
Freshly baked bread  
Yoghurt  
Fresh fruit



**Meat-free Dippers and Chips**   
Crispy Quorn dippers with their fave sauce - ketchup

SIDES...

Fresh Carrots and Sweetcorn

Peas and Fresh Broccoli

Fresh Carrots and Fresh Cabbage

Fresh Broccoli and Sweetcorn

Baked Beans  
Fresh Carrots and Peas

PICK A PUD!

**Raspberry Ripple Ice Cream**  
with Fruit Slices

**Secret Brownie**

**Shortbread Biscuit**  
with Fruit Slices

**Berry & Peach Oaty Crumble**  
with Custard

**Orange, Sultana & Carrot Slice**

SALADS...

A Selection of Fresh Salads  
Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad



WEEKS COMMENCING;  
30/08, 20/09, 11/10, 01/11,  
22/11, 13/12, 03/01, 24/01,  
14/02, 07/03, 28/03, 18/04

Look out for these symbols for our super healthy dishes: Nutritionist's Choice

Vegetarian Wholegrain Oily fish Fruity!

Allergy? Speak to our kitchen for help



WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY FAVOURITES...

**Sandwiches**  
with a choice of fillings

**Sandwiches**  
with a choice of fillings

**Sandwiches**  
with a choice of fillings

**Sandwiches**  
with a choice of fillings

**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings

**Try something different!**  
Trying new and different foods is a great way of getting all the nutrition your body needs

HOT SPECIALS...

**Veggie Bolognese**   
Yummy veggie Bolognese with pasta

**Cheese and Tomato Pizza with Dough Balls**   
Cheese and Tomato Pizza with Dough Balls

**Sausage and Mash with Gravy**  
Sausage and mash with rich gravy

**Allegra's Oodles of Noodles**   
Delicious noodles with tofu and veggies

**Roast Chicken with Roast Potatoes & Gravy**  
Succulent roast chicken with fluffy roasties

**Creamy Vegetable Pie with Roast Potatoes and Gravy**   
Creamy vegetable pie with a cheesy shortcrust topper

**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

**Golden Fish Fingers and Chips**  
Crispy fish fingers with scrummy chips

**Tomato Veggie Burger and Chips**   
A scrummy tomato veggie burger in a soft bap

**Available every day!**  
Cool water  
Salad  
Freshly baked bread  
Yoghurt  
Fresh fruit



SIDES...

**Fresh Carrots and Sweetcorn**

**Peas and Fresh Broccoli**

**Fresh Carrots and Fresh Cabbage**

**Fresh Green Beans and Sweetcorn**

**Baked Beans Fresh Carrots and Peas**

PICK A PUD!

**Flapjack**  
with Fruit Slices

**Peach Shortbread Pudding**  
with Custard

**Raspberry Yoghurt Cake**

**Fruity Chocolate Brownie**

**Vanilla Ice Cream**  
with Fruit Slices

SALADS...

A Selection of Fresh Salads  
Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad



WEEKS COMMENCING;  
06/09, 27/09, 18/10, 08/11,  
29/11, 20/12, 10/01, 31/01,  
21/02, 14/03, 04/04



Look out for these symbols for our super healthy dishes: Nutritionist's Choice

Vegetarian Wholegrain Oily fish Fruity!

**Allergy? Speak to our kitchen for help**



WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY FAVOURITES...


**Sandwiches**  
with a choice of fillings


**Sandwiches**  
with a choice of fillings



**Sandwiches**  
with a choice of fillings

**Sandwiches**  
with a choice of fillings


**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings 

**Jacket Potato**  
with a choice of fillings 

**Jacket Potato**  
with a choice of fillings  

**Jacket Potato**  
with a choice of fillings 

**Jacket Potato**  
with a choice of fillings 

Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

**Allegra's Garlicky Chicken and Spanish Spuds** 

Garlic seasoned chicken served with spanish style potatoes

**Roast Pork with Roast Potatoes & Gravy**

Roast pork with fluffy roasties and tasty gravy

**Beef Meatballs in Tomato Sauce with Pasta** 

Delicious beef meatballs in a tasty tomato sauce with pasta

HOT SPECIALS...

**Veggie Bolognese**    
Yummy veggie Bolognese with pasta

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

**Meat-free Roast with Roast Potatoes and Gravy**   
Delicious Quorn roast with fluffy roasties and tasty gravy

**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

**Veggie Sausage and Mash with Gravy**    
Veggie Sausage and mash with gravy

Available every day!

Cool water Salad

Freshly baked bread

Yoghurt  
Fresh fruit



SIDES...

**Peas and Fresh Carrots**

**Sweetcorn and Fresh Broccoli**

**Fresh Carrots and Fresh Cabbage**

**Sweetcorn and Fresh Broccoli**

**Baked Beans Fresh Carrots and Peas**

PICK A PUD!

  
**Oatie Biscuit**  
with Fruit Slices

  
**Apple and Carrot Yoghurt Muffin**

**Strawberry Ice Cream**  
with Fruit Slices

  
**Chocolate Sponge Cake**  
with Fruit Slices

**Creamy Peach Rice Pudding**





SALADS...

A Selection of Fresh Salads  
Including Lettuce, Cucumber, Tomato,  
Grated Carrot, Sweetcorn  
and Potato Salad



WEEKS COMMENCING;  
13/09, 04/10, 25/10, 15/11,  
06/12, 27/12, 17/01, 07/02,  
28/02, 21/03, 11/04

Look out for these symbols for our super healthy dishes:  Nutritionist's Choice

 Vegetarian  Wholegrain  Oily fish  Fruity!

Allergy? Speak to our kitchen for help

