

WEEK 1

MONDAY

**Tomato Pasta**    
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings 

TUESDAY

**Tomato Pasta**    
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with salmon mayo 

WEDNESDAY

**Tomato Pasta**    
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings 

THURSDAY

**Tomato Pasta**    
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings 

FRIDAY

**Tomato Pasta**    
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings  

DAILY FAVOURITES...

Try something different!

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

HOT SPECIALS...

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

**Vegetable Supreme Pizza with dough balls**    
Cheesy tomato pizza slice topped with sweetcorn and peppers

**Allegra's Chicken Filo Pie with Mashed Potato**

A delicious light filo pastry topped chicken pie

**Veggie Korma with Bombay Potatoes**   


A Veggie version of the classic mild Korma, with yummy lentils and chickpeas

**Roast Turkey with Roast Potatoes & Gravy**

Roast turkey with fluffy roasties and tasty gravy

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

**Bacon All Day Breakfast with Potato Wedges**

A yummy all day breakfast with bacon and potato wedges

**Vegetarian All Day Breakfast with Potato Wedges**   
A traditional English breakfast served with Quorn sausage

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

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

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 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

   
**Flapjack**  
with Fruit Slices

**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...

**Tomato Pasta**   
or  
**Sandwiches**  
with a choice of fillings

**Tomato Pasta**   
or  
**Sandwiches**  
with a choice of fillings

**Tomato Pasta**   
or  
**Sandwiches**  
with a choice of fillings

**Tomato Pasta**   
or  
**Sandwiches**  
with a choice of fillings

**Tomato Pasta**   
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings

Try something different!

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HOT SPECIALS...

**Veggie Bolognese**   
Yummy veggie Bolognese with pasta

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

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

**Cottage Pie**   
Home cooked minced beef with a crispy potato topping

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

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

**Mild Chickpea and Potato Curry**   
A tasty mild chickpea and potato curry

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

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

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...

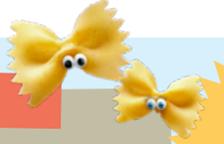
A Selection of Fresh Salads  
Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad

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...

**Tomato Pasta**   
or  
**Sandwiches**  
with a choice of fillings

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**Tomato Pasta**   
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with a choice of fillings

**Tomato Pasta**   
or  
**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings

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HOT SPECIALS...

**Vegetable Supreme Pizza with dough balls**   
Cheesy tomato pizza slice topped with sweetcorn and peppers

**Hot Chicken Sandwich with Potato Wedges**  
Roast chicken served in a soft bun with lettuce and mayo

**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

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

**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

**Crispy Snow Bar**  
with Fruit Slices

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

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