






















HOT SPECIALS...		DAILY FAVES...		WEEK 3	
				W/C: 13/09 04/10 15/11 06/12 17/01 07/02	
MONDAY				SIDES...	
Cheese and Tomato Pizza with Dough Balls  Cheesy tomato topped pizza slice		Jacket Potato  with a choice of fillings		Peas and Carrots	
Veggie Sausage and Mash with Gravy  Veggie sausage and mash with rich gravy		Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta		Strawberry Ice Cream	
TUESDAY				PICK A PUD!	
Allegra's Garlicky Chicken and Spanishy Spuds  Garlic seasoned chicken served with spanish style potatoes		Jacket Potato  with a choice of fillings		Sweetcorn and Broccoli	
Allegra's Cheesy Peasy Risotto Bake  A delicious baked cheesy, pea rissoto		Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta		Fresh Fruit & Yoghurt 	
WEDNESDAY					
Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken with fluffy roasties and tasty gravy		Jacket Potato  with a choice of fillings		Carrots and Cabbage	
Pastry Slice with Roast Potatoes and Gravy  A chunky butternut squash and potato pastry slice		Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta		Banana Cake 	
THURSDAY					
Lamb Keema Curry with a Rice Side  Delicious minced lamb curry		Jacket Potato  with a choice of fillings		Green Beans and Sweetcorn	
Veggie Lasagne served with a Bread Wedge  Delicious sheets of pasta layered with veggies and tomato sauce		Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta		Fresh Fruit & Yoghurt 	
FRIDAY					
Southern Fried Chicken Tasters with Chips Lightly seasoned crispy chicken strips and scrummy chips		Jacket Potato  with a choice of fillings		Baked Beans and Peas	
Soft Taco and Chips  A soft taco shell filled with a yummy veggie tomato chilli		Tomato Pasta  Fresh, homemade tomato and basil sauce with penne pasta		Orange Drizzle Cake	



MONDAY

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

Chicken Tikka Masala with a Rice Side 

Succulent chicken in a mild curry sauce

The Incredible Burger served with Potato Wedges 

Meatless burger in a soft bap with ketchup

Roast Chicken with Roast Potatoes & Gravy

Succulent roast chicken with fluffy roasties and tasty gravy

Meat-free Roast with Roast Potatoes and Gravy 

Delicious Quorn roast with fluffy roasties and tasty gravy

Lamb Lasagne with a Garlic & Herb Bread Wedge

A classic Italian layered pasta dish with lamb mince

Butternut Squash and Tomato Bake with Rice 

A delicious butternut squash and tomato bake served with rice

Golden Fish Fingers and Chips

Crispy fish fingers with scrummy chips

Meat-free Nuggets and Chips 

Crispy Quorn nuggets with their fave sauce - ketchup

DAILY FAVES...

Jacket Potato 

with a choice of fillings

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 

with a choice of fillings including salmon mayo

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 

with a choice of fillings

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 

with a choice of fillings

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 

with a choice of fillings

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

WEEK 1

W/C: 30/08 20/09 11/10
01/11 22/11 13/12
03/01 24/01

SIDES...

Green Beans
and
Sweetcorn


PICK A PUD!

Raspberry
Ripple Ice
Cream

Peas
and
Broccoli

Fresh Fruit &
Yoghurt 

Carrots
and
Cabbage

Pineapple &
Peach
Crumble with
Custard 

Broccoli
and
Sweetcorn

Fresh Fruit &
Yoghurt 

Baked Beans
and
Peas

Lemon Drizzle
Cake

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS...

Vegetable Biryani 

A mildly spiced Indian rice dish

Cheese and Tomato Pizza with Dough Balls 

Cheesy tomato topped pizza slice

Allegra's Chicken Katsu with a Rice Side 

Yummy crispy Chicken Katsu with rice

Allegra's Oodles of Noodles 

Delicious noodles with tofu and veggies

Roast Chicken with Roast Potatoes & Gravy

Succulent roast chicken with fluffy roasties and tasty gravy

Creamy Vegetable Pie with Roast Potatoes and Gravy 

Creamy vegetable pie with a cheesy shortcrust topper

Shepherd's Pie 

Home cooked minced lamb, carrot and onion with a crispy potato topping

Mild Chickpea and Potato Curry 

A tasty mild chickpea and potato curry

Jerk Chicken with Chips

Succulent Jerk chicken served with chips

Matar Paneer with Chapati 

A veggie Indian dish with peas and paneer cheese

DAILY FAVES...

Jacket Potato 

with a choice of fillings

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 

with a choice of fillings

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 

with a choice of fillings

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 

with a choice of fillings

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 

with a choice of fillings

Tomato Pasta 

Fresh, homemade tomato and basil sauce with penne pasta

WEEK 2

W/C: 06/09 27/09 18/10
08/11 29/11 10/01
31/01

SIDES...

Sweetcorn
and
Baked Beans

PICK A PUD!

Vanilla Ice
Cream

Broccoli
and
Peas

Fresh Fruit &
Yoghurt 

Cabbage
and
Carrots






Berry Flapjack
with Fruit
Slices 

Green Beans
and
Sweetcorn

Fresh Fruit &
Yoghurt 

Peas
and
Baked Beans

Pineapple
Upside Down
Cake with
Custard 

 Vegetarian  Oily fish
 Wholegrain  Fruity!
 Nutritionist's Choice

Water, salad,
freshly baked bread,
yoghurt & fresh fruit

Available
every day!



FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY