

THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 18/4; 09/05; 06/06; 27/06; 18/07

W/C: 29/8; 19/09; 10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza
Cheesy tomato topped pizza slice
V 🌿

Allegra BBQ Chicken Burger Corn and Pineapple Relish(H)(NH)
BBQ chicken breast burger with zingy corn relish

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

Shepherds Pie(NH)(H) 🌿

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips & ketchup

Main Vegetarian

Burrito V 🍷
A soft wrap filled with lightly spiced veggies and rice

Allegra Broccoli and Cauliflower Cheese Pie V
Cheesy broccoli and cauliflower with a shortcrust topping

Quorn Roast with Roast Potatoes and Gravy V

Quorn Hot Dog V
and Fresh Cut Wedges

Matar Paneer & Chapati V

Alternative Choice

Jacket Potato with Salmon Mayonnaise 🐟

Jacket Potato with Baked Beans

Cheese Sandwich and vegetable Crudité

Jacket Potato with Tuna Sweetcorn Mayo filling

Jacket Potato with Cheese

Salads

A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot

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Pasta

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

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Vegetables

Green Beans and Sweetcorn

Peas and Broccoli

Carrots and Cabbage

Broccoli and Sweetcorn

Baked Beans and Peas

Desserts

Raspberry Ripple Ice-Cream

Cheese and Crackers

Shortbread Biscuit with Fruit Slices 🍏

Banana and Apricot Flapjack with Fruit Slices 🍏

Orange Drizzle Cake

SPRING/SUMMER 2022

AVAILABLE EVERY DAY

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

V Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! 🍷 Nutritionist's Choice

CONFIDENTIAL

WEEK 2 MENU

W/C: 25/04; 16/05; 13/06; 04/07

W/C: 05/09; 26/09; 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|--|--|---|--|--|
| Hot Main Dish | Cheese and Tomato Pizza Cheesy tomato topped pizza slice 🌱 🌾 | Chicken Tikka Masala & Rice (H)(NH) 🍷 🌾 | Roast Chicken (H)(NH) with Roast Potatoes and Gravy Succulent roast with fluffy roasties and tasty gravy | Lamb Lasagne with a Garlic & Herb Bread Wedge(H)(NH) 🍷 🌾 | Battered Fish Fillet and Chips and scrummy chips |
| Main Vegetarian | Mild Bean Chilli & Rice 🌱 🍷 | Chinese Veggie Noodles 🌱 🍷 | Creamy Vegetable Pie with Roast Potatoes and Gravy 🌱 Creamy vegetable pie with a cheesy shortcrust topper | Mild Chickpea and Potato Curry Served with wholemeal rice 🌱 🍷 🌾 | The Incredible Burger with Chips |
| Salads | 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 |
| Alternative Choice | Jacket Potato 🍷 Tuna & Sweetcorn Mayo | Jacket Potato 🍷 Cheese & Beans | Egg Mayo Sandwich and Vegetable Crudit  🍷 🌱 | Jacket Potato 🍷 Tuna Mayo | Jacket Potato 🍷 Cheese |
| 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 | Tomato Pasta 🌱 🌾 A delicious fresh, homemade tomato sauce with penne pasta |
| Vegetables | Sweetcorn and Green Beans | Peas and Broccoli | Carrots and Cabbage | Green Beans and Sweetcorn | Baked Beans and Peas |
| Desserts | Vanilla Ice-Cream | Apple and Berry Crumble & Custard 🍏 | Flapjack with Fruit Slices 🍏 | Cheese and Crackers | Secret Brownie |

SPRING/SUMMER 2022

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

🌱 Vegetarian
🐟 Oily fish
🌾 Wholegrain
🍏 Fruity!
🍷 Nutritionist's Choice

CONFIDENTIAL



WEEK 3 MENU

W/C: 02/05; 23/05; 20/06; 11/07

W/C: 12/09; 03/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza
Cheesy tomato topped pizza slice



Allegra Chilli Con Chicken and Sweet Potato Bake(H)(NH)
Baked wedges of sweet potato, topped with tomato chicken and tortilla crunchies

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

Lamb Keema Matar(H)(NH)
And Rice

Southern Fried Chicken Tasters(H)(NH)
Lightly seasoned crispy chicken strips and scrummy chips

Main Vegetarian

Veggie Sausage and Mash with Gravy
Fluffy mash with veggie sausages and rich gravy

Macaroni Cheese
Cheesy Macaroni Pasta

Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy
A chunky butternut squash and potato slice

Veggie Lasagne
Delicious sheets of pasta layered with veggies and tomato sauce

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

Salads

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Alternative Choice

Jacket Potato
Tuna & Sweetcorn Mayo

Jacket Potato
With Cheese & Baked Beans

Humous & Vegetable Wrap and Vegetable Crudit 

Jacket Potato
With Tuna Mayo

Jacket Potato
With Baked Beans

Pasta

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Vegetables

Peas and Carrots

Sweetcorn and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Strawberry Ice-Cream

Berry Flapjack with Fruit Slices

Cheese and Crackers

Fruity Picnic Bar

Chocolate Sponge Cake with Custard

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Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

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