

WEEK 1

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 

**Jacket Potato**  
with salmon mayo  

**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 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

## Pasta Bolognese

A classic Italian beef Bolognese in a yummy tomato sauce

## HOT SPECIALS...

### Bacon All Day Breakfast with Potato Wedges

A yummy all day breakfast with bacon and potato wedges

### 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

### 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 Broccoli and Sweetcorn**

**Baked Beans Fresh Carrots and Peas**

## PICK A PUD!

**Crispy Snow Bar**  
with Fruit Slices

**Secret Brownie**

**Shortbread Biscuit**  
with Fruit Slices

**Chocolate Sponge Cake**  
with Fruit Slices

**Raspberry Ripple Ice Cream**  
with Fruit Slices




## 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 

**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

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

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

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

## HOT SPECIALS...


**Bacon All Day Breakfast with Potato Wedges**  
A yummy all day breakfast with bacon and potato wedges

**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

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

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!

**Crispy Snow Bar**  
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


**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 

**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 Spanishy 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...

### Bacon All Day Breakfast with Potato Wedges

A yummy all day breakfast with bacon and potato wedges

### 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

### Burrito

A soft wrap filled with lightly spiced veggies and rice

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!

**Crispy Snow Bar**  
with Fruit Slices

**Banana Oat Bite**

**Peach Shortbread Pudding**  
with Custard

**Chocolate Sponge Cake**  
with Fruit Slices

**Vanilla Ice Cream**  
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

Look out for these symbols for our super healthy dishes:

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