

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

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

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

Available every day!

Cool water

Salad

Freshly baked bread

Yoghurt

Fresh fruit

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!

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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

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 Vegetarian  Wholegrain  Oily fish  Fruity!

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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 

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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



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

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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