

# 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, 9/5, 6/6, 27/6, 18/7, 5/9, 26/9, 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Cheese and Tomato Pizza with potato wedges	Allegra's Proper Chicken Pie	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Beef Meatballs in Tomato Sauce	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Chinese Veggie Noodles	Macaroni Cheese	Quorn Roast	Chinese Veggie Rice	Quorn Dippers and Chips Crispy Quorn nuggets
Sandwiches	Ham or Cheese or Tuna	Ham or Cheese or Tuna	Ham or Cheese or Tuna	Ham or Cheese or Tuna	Ham or Cheese or Tuna
Jacket Potato	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans
Vegetables	Green Beans and Sweetcorn	Peas and Broccoli	Carrots and Cabbage	Broccoli and Sweetcorn	Baked Beans and Peas
Desserts	Chocolate Ice Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices	Banana and Apricot Flapjack with Fruit Slices	Chocolate and Raspberry Swirl Cake

SPRING/SUMMER 2022



Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice





# WEEK 2 MENU

W/C: 25/4, 16/5, 13/6, 4/7, 12/9, 3/10



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Hot Main Dish**

**Cheese and Tomato Pizza**  
With Potato Wedges  



**Allegra's Asian Sticky Noodles**  
Chicken & Vegetables in sweet sauce with noodles



**Roast Turkey with Roast Potatoes and Gravy**  
Succulent roast turkey with fluffy roasties and tasty gravy

**Beef Bolognese** 



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


**Alternative Dish**

**Chinese Veggie Noodles** with potato wedges  

**Allegra's BBQ Beans**    
Tasty BBQ beans served with cornbread

**Quorn Roast** 

**Veggie Balls In Tomato Sauce** with Pasta  

**Quorn Dippers and Chips**  
Crispy Quorn nuggets 

**Sandwiches**

**Ham or Cheese or Tuna**



**Ham or Cheese or Tuna**



**Ham or Cheese or Tuna**



**Ham or Cheese or Tuna**



**Ham or Cheese or Tuna**



**Jacket Potato**

**Jacket Potato**    
With **Cheese or Baked Beans**

**Jacket Potato**    
With **Cheese or Baked Beans**

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With **Cheese or Baked Beans**

**Jacket Potato**    
With **Cheese or Baked Beans**

**Jacket Potato**    
With **Cheese or Baked Beans**

**Vegetables**

Carrot Sticks and Cucumber Sticks

Peas and Broccoli


Carrots and Cabbage

Green Beans and Sweetcorn


Baked Beans and Peas

**Desserts**

Vanilla Ice Cream

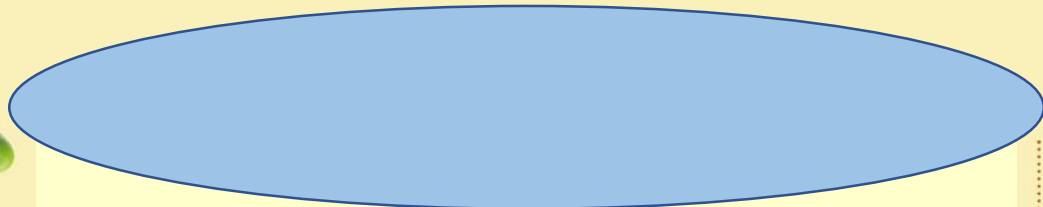
Orange Shortbread with Fruit Slices 

Crunchy Chocolate Biscuit

Fruity Chocolate Brownie 

Flapjack with Fruit Slices 

**SPRING/SUMMER 2022**



 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's Choice**



# WEEK 3 MENU

W/C: 2/5, 23/5, 20/6, 11/7, 19/9, 10/10



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Hot Main Dish

**Cheese and Tomato Pizza**   
With Potato Wedges

**Sweet & Sour Chicken**  
With Rice

**Roast Chicken**  
with Roast Potatoes and Gravy  
Succulent roast chicken with fluffy  
roasties and tasty gravy

**Beef Bolognese & Pasta**

**Southern Fried Chicken Tasters**  
Lightly seasoned crispy chicken  
strips and scrummy chips

### Alternative Dish

**Veggie Bolognese**  
Penne pasta in a yummy  
tomato sauce

**Macaroni Cheese**

**Quorn Roast**

**BBQ Veggie Burger**

**Quorn Dippers**

### Sandwiches

**Ham or Cheese**  
or Tuna

**Ham or Cheese**  
or Tuna

**Ham or Cheese**  
or Tuna

**Ham or Cheese**  
or Tuna

**Ham or Cheese**  
or Tuna

### Jacket Potato

**Jacket Potato**   
With Cheese or Baked Beans

**Jacket Potato**   
With Cheese or Baked Beans

**Jacket Potato**   
With Cheese or Baked Beans

**Jacket Potato**   
with Cheese or Baked Beans

**Jacket Potato**   
with Cheese or Baked Beans

### Vegetables

Peas and Carrots

Sweetcorn and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

### Desserts

Strawberry Ice Cream

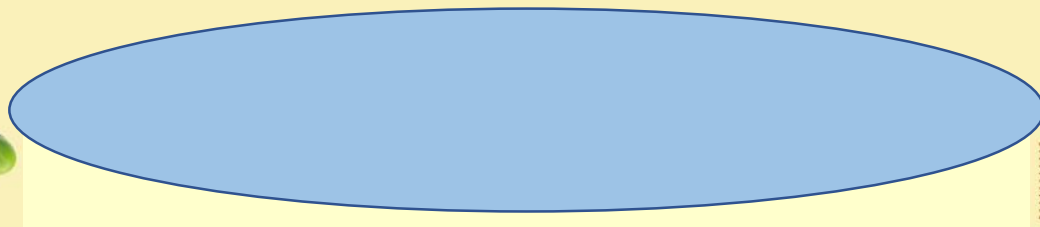
Apple and Carrot  
Yoghurt Muffin

**Berry Flapjack**  
with Fruit Slices

Chocolate Slice

Crispy Crackle Bar

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Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

