

# WEEK 1 MENU

W/C: 09/05 30/05 20/06 11/07

## SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!
MONDAY	<p><b>Veggie Burrito</b> 🍷 🌱 🌾 A soft wrap filled with lightly spiced veggies and rice</p> <p><b>Macaroni Cheese</b> 🌱 Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce</p>	<p><b>Tomato Pasta</b> 🍷 🍷 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Green Beans and Sweetcorn</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b> 🍷 🌱 A choice of hot and cold fillings</p>	<p><b>Raspberry Ripple Ice Cream with Fresh Cut Fruit Slices</b> 🍷</p>
TUESDAY	<p><b>Allegra's BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges</b> BBQ chicken breast burger with zingy corn relish</p> <p><b>The Incredible Burger served with Potato Wedges</b> 🌱 Meatless burger in a soft bap with ketchup</p>	<p><b>Tomato Pasta</b> 🍷 🍷 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Peas and Broccoli</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b> 🍷 🌱 with salmon mayonnaise 🐟</p>	<p><b>Secret Brownie with Fresh Cut Fruit Slices</b> 🍷</p>
WEDNESDAY	<p><b>Roast Chicken with Roast Potatoes &amp; Gravy</b> Succulent roast chicken with fluffy roasties and tasty gravy</p> <p><b>Quorn Roast with Roast Potatoes and Gravy</b> 🌱 Delicious Quorn roast with fluffy roasties and tasty gravy</p>	<p><b>Tomato Pasta</b> 🍷 🍷 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Carrots and Cabbage</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b> 🍷 🌱 A choice of hot and cold fillings</p>	<p><b>Shortbread Biscuit with Fresh Cut Fruit Slices</b> 🍷</p>
THURSDAY	<p><b>Beef Bolognese</b> 🍷 🍷 A classic Italian beef bolognese in a yummy tomato sauce</p> <p><b>Quorn Hot Dog with Potato Wedges</b> 🌱 A delicious Quorn hot dog</p>	<p><b>Tomato Pasta</b> 🍷 🍷 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Broccoli and Sweetcorn</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b> 🍷 🌱 A choice of hot and cold fillings</p>	<p><b>Berry &amp; Peach Oaty Crumble with Custard</b> 🍷 🍷</p>
FRIDAY	<p><b>Golden Fish Fingers and Chips</b> Crispy fish fingers with scrummy chips</p> <p><b>Quorn Nuggets and Chips</b> 🌱 Crispy Quorn nuggets with their fave sauce - ketchup</p>	<p><b>Tomato Pasta</b> 🍷 🍷 Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Baked Beans, Carrots and Peas</b></p>	<p><b>Packed Lunch</b> See below for details</p>	<p><b>Jacket Potatoes</b> 🍷 🌱 A choice of hot and cold fillings</p>	<p><b>Orange, Sultana and Carrot Slice with Fresh Cut Fruit Slices</b> 🍷</p>

### SANDWICH BAR - AVAILABLE DAILY

OR DAILY SPECIAL  
WITH VEG STICKS AND FRESH FRUIT OR BEAR YOYO OR DESSERT OF THE DAY

### AVAILABLE EVERY DAY





































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

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

# WEEK 2 MENU

W/C: 25/04 16/05 06/06 27/06  
18/07

## SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<b>Veggie Bolognese</b>    Yummy veggie Bolognese with pasta	<b>Cheese and Tomato Pizza</b>   Cheesy tomato topped pizza slice	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Carrots and Sweetcorn</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   A choice of hot and cold fillings	<b>Flapjack with Fresh Cut Fruit Slices</b>  
TUESDAY	<b>Sausage and Mash with Gravy</b> Sausage and mash with rich gravy	<b>Vegetable Lasagne with a Garlic &amp; Herb Bread Wedge</b>   Delicious sheets of pasta layered with veggies and tomato sauce	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Broccoli and Peas</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   A choice of hot and cold fillings	<b>Peach Shortbread Pudding with Custard</b> 
WEDNESDAY	<b>Roast Turkey with Roast Potatoes &amp; Gravy</b> Roast turkey with fluffy roasties and tasty gravy	<b>Creamy Vegetable Pie with Roast Potatoes and Gravy</b>  Creamy vegetable pie with a cheesy shortcrust topper	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Cabbage and Carrots</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   A choice of hot and cold fillings	<b>Raspberry Yoghurt Cake with Fresh Cut Fruit Slices</b> 
THURSDAY	<b>Beef Bolognese</b>   A classic Italian beef Bolognese in a yummy tomato sauce	<b>Veggie Balls in Tomato Sauce with Pasta</b>    Delicious veggie balls in a tasty tomato sauce with pasta	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Green Beans and Sweetcorn</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   A choice of hot and cold fillings	<b>Fruity Chocolate Brownie with Fresh Cut Fruit Slices</b> 
FRIDAY	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers with scrummy chips	<b>The Incredible Burger served with Chips</b>  Meatless burger in a soft bap with ketchup	<b>Tomato Pasta</b>   Fresh, homemade tomato and basil sauce with penne pasta	<b>Baked Beans, Carrots and Peas</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b>   A choice of hot and cold fillings	<b>Vanilla Ice Cream with Fresh Cut Fruit Slices</b> 

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BEAR YOYO OR DESSERT OF THE DAY

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







































 Vegetarian  Oily fish  Wholegrain  
 Fruity!  Nutritionist's Choice



# WEEK 3 MENU

W/C: 02/05 23/05 13/06 04/07

## SPRING/SUMMER 2022

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!	
MONDAY	<p><b>Macaroni Cheese</b> </p> <p>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p>	<p><b>Vegetarian Sausage with Mashed Potato and Gravy</b>  </p> <p>Veggie sausage and mash with rich gravy</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Peas and Carrots</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>A choice of hot and cold fillings</p>	<p><b>Oaty Biscuit with Fresh Cut Fruit Slices</b>  </p>
TUESDAY	<p><b>Chinese Chicken Noodles</b></p> <p>A classic Chinese chicken noodle dish</p>	<p><b>Veggie Balls in Tomato Sauce with Pasta</b>  </p> <p>Delicious veggie balls in a tasty tomato sauce with pasta</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Sweetcorn and Broccoli</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>A choice of hot and cold fillings</p>	<p><b>Apple and Carrot Yoghurt Muffin</b> </p>
WEDNESDAY	<p><b>Roast Pork with Roast Potatoes &amp; Gravy</b></p> <p>Roast pork with fluffy roasties and tasty gravy</p>	<p><b>Quorn Roast with Roast Potatoes and Gravy</b> </p> <p>Delicious Quorn roast with fluffy roasties and tasty gravy</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Carrots and Cabbage</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>A choice of hot and cold fillings</p>	<p><b>Strawberry Ice Cream with Fresh Cut Fruit Slices</b> </p>
THURSDAY	<p><b>Beef Burrito</b>  </p> <p>A soft wrap filled with lightly spiced beef and rice</p>	<p><b>Veggie Lasagne served with a Bread Wedge</b>  </p> <p>Delicious sheets of pasta layered with veggies and tomato sauce</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Green Beans and Sweetcorn</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>A choice of hot and cold fillings</p>	<p><b>Chocolate Sponge Cake with Fresh Cut Fruit Slices</b> </p>
FRIDAY	<p><b>Breaded Chicken Mayo Wrap</b></p> <p>A tasty chicken wrap</p>	<p><b>Veggie Soft Taco and Chips</b>  </p> <p>A soft taco shell filled with a yummy veggie tomato chilli</p>	<p><b>Tomato Pasta</b>  </p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p><b>Baked Beans, Carrots and Peas</b></p>	<p><b>Packed Lunch</b></p> <p>See below for details</p>	<p><b>Jacket Potatoes</b>  </p> <p>A choice of hot and cold fillings</p>	<p><b>Banana and Apricot Flapjack with Fresh Cut Fruit Slices</b> </p>

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 Vegetarian  Oily fish  Wholegrain  
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