

MONDAY

HOT SPECIALS...

Burrito  
A soft wrap filled with lightly spiced veggies and rice

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Macaroni Cheese 
Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce

TUESDAY

Allegra's Chicken Filo Pie with Mashed Potato
A delicious light filo pastry topped chicken pie

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Allegra's BBQ Beans served with Cornbread  
Tasty BBQ beans served with Cornbread

WEDNESDAY

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

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Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy  
A chunky sweet potato and chickpea roast

THURSDAY

Pasta Bolognese  
A classic Italian beef bolognese in a yummy tomato sauce

.....

Butternut Squash and Tomato Bake with Rice  
A delicious butternut squash and tomato bake served with rice

FRIDAY

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips

.....

Quorn Dippers and Chips
Crispy Quorn Nuggets with their fav sauce - Ketchup

DAILY FAVES...

Jacket Potatoes 
A choice of hot and cold fillings

.....

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potatoes 
with salmon mayonnaise

.....

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potatoes 
A choice of hot and cold fillings

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WEEK 1

W/C: 20/09 11/10 01/11
22/11 13/12 03/01 24/01
14/02 07/03 28/03

SIDES...

Green Beans and Sweetcorn

Peas and Broccoli

Carrots and Cabbage

Broccoli and Sweetcorn

Baked Beans and Peas

PICK A PUD!

Raspberry Ripple Ice Cream

Brownie

Shortbread Biscuit with Fresh Cut Fruit Slices 

Berry & Peach Oaty Crumble with Custard 

Orange, Sultana & Cake Slice

MONDAY

HOT SPECIALS...

Veggie Bolognese  
Penne pasta in a yummy tomato and Quorn sauce

.....

Cheese and Tomato Pizza with Dough Balls  
Cheesy tomato topped pizza slice

Allegra's Chicken Katsu with a Rice Side 
Yummy crispy Chicken Katsu with rice

.....

Allegra's Oodles of Noodles  
Delicious noodles with tofu and veggies

Roast Turkey with Roast Potatoes & Gravy
Roast turkey with fluffy roasties and tasty gravy

.....

Creamy Vegetable Pie with Roast Potatoes and Gravy 
Creamy vegetable pie with a cheesy shortcrust topper

Cottage Pie  
Home cooked minced beef with a crispy potato topping

.....

Mild Chickpea and Potato Curry   
served with Wholemeal Rice

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips

.....

Tomato Veggie Burger with Chips 
A delicious homemade veggie burger

 Vegetarian  Oily fish
 Wholegrain  Fruity!
 Nutritionist's Choice

DAILY FAVES...

Jacket Potatoes 
A choice of hot and cold fillings

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Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

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A choice of hot and cold fillings

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Tomato Pasta  
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Jacket Potatoes 
A choice of hot and cold fillings

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Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

WEEK 2

W/C: 06/09 27/09 18/10
08/11 29/11 10/01 31/01
14/03 04/04

SIDES...

Green Beans and Sweetcorn

Broccoli and Peas

Cabbage and Carrots

Green Beans and Sweetcorn

Peas and Baked Beans

PICK A PUD!

Flapjack with Fruit Slices 

Peach Shortbread Pudding & Custard 

Raspberry Yoghurt Cake

Fruity Chocolate Brownie

Vanilla Ice-Cream

Water, salad, bread and fruit

Available every day!

