

THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 18/04 08/05 06/06 27/06 18/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Chinese Veggie Noodles



Allegra Proper Chicken Pie with Mashed Potato

Roast Turkey with Roast Potatoes and Gravy

Succulent roast chicken with fluffy roasties and tasty gravy

Beef Keema Curry with Rice



Golden Fish Fingers and Chips

Crispy fish fingers and chips

Alternative Dish

Cheese and Tomato Pizza with potato wedges



Macaroni Cheese



Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy

A chunky sweet potato and chickpea roast

Butternut Squash and Tomato Bake with Rice

A delicious butternut squash and tomato bake served with rice



BBQ Veggie Burger

with Scrummy chips

Third Choice

Jacket Potato with Salmon Mayonnaise



Salads

A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot



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Including lettuce, cucumber, tomato, grated carrot



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Including lettuce, cucumber, tomato, grated carrot



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Including lettuce, cucumber, tomato, grated carrot



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Including lettuce, cucumber, tomato, grated carrot



Jacket Potato

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



Pasta

Tomato Pasta
A delicious fresh, homemade tomato sauce with penne pasta



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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



Orange, Sultana and Carrot Slice

SPRING/SUMMER 2022

PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO 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 13/06 04/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Mild Bean Chilli
with Rice

Pork/Chicken Sausage
with Mashed Potato
Gravy

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

**Beef Bolognese
With Pasta**

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

Alternative Dish

Cheese and Tomato Pizza
Cheesy tomato topped pizza slice
With Doughballs

Vegetable Lasagne
with a Garlic & Herb Bread
Wedge

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

Mild Chickpea and Potato Curry
Served with wholemeal rice

**Quorn Dippers
with Chips**

Salads

A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot

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Jacket Potato

Jacket Potato
With a choice of fillings

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With a choice of fillings

Jacket Potato
With a choice of fillings

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Pasta

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A delicious fresh, homemade
tomato sauce with penne pasta

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Vegetables

Carrot Sticks and Cucumber Sticks

Peas and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Flapjack with Fruit Slices

**Orange Shortbread
with Fruit Slices**

Crunchy Chocolate Biscuit

Fruity Chocolate Brownie

Vanilla Ice-Cream

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HAM OR CHEESE SANDWICH OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YO YO 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 3 MENU

W/C: 02/05 23/05 20/06 11/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Cheese and Tomato Pizza With Wedges	Chicken Tikka Masala with Rice	Roast Gammon/Chicken with Roast Potatoes and Gravy Succulent roast Gammon/Chicken with fluffy roasties and tasty gravy	Beef Meatballs in Tomato Sauce with Pasta	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy Fluffy mash with veggie sausages and rich gravy	Macaroni Cheese	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy A chunky butternut squash and potato slice	Veggie Balls In Tomato Sauce with Pasta	Soft Taco and Chips A soft taco shell filled with a yummy veggie tomato chilli
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
Jacket Potato	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
Pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Peas and Carrots	Sweetcorn and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Oatie Biscuit with Fruit Slices	Lemon Drizzle Cake	Strawberry Ice Cream	Carrot Cake with Citrus Frosting	Crispy Crackle Bar

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PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

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

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice