

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY FAVOURITES...

**Tomato Pasta**   
or  
**Sandwiches**  
with a choice of fillings

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**Sandwiches**  
with a choice of fillings

**Jacket Potato**  
with a choice of fillings

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Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

HOT SPECIALS...

**Veggie Bolognese**   
Yummy veggie Bolognese with pasta

**Sausage and Mash with Gravy**  
Sausage and mash with rich gravy

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

**Roast Chicken with Roast Potatoes & Gravy**  
Succulent roast chicken with fluffy roasties

**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**   
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**   
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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

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

