

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY FAVOURITES...

Tomato Pasta
or
Sandwiches
with a choice of fillings

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Tomato Pasta
or
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

Allegra's Garlicky Chicken and Spanish Spuds

Garlic seasoned chicken served with spanish style potatoes

Roast Pork with Roast Potatoes & Gravy

Roast pork with fluffy roasties and tasty gravy

Beef Meatballs in Tomato Sauce with Pasta

Delicious beef meatballs in a tasty tomato sauce with pasta

HOT SPECIALS...

Vegetable Supreme Pizza with dough balls

Cheesy tomato pizza slice topped with sweetcorn and peppers

Allegra's Cheesy Peasy Risotto Bake

A delicious baked cheesy, pea risotto

Pastry Slice with Roast Potatoes and Gravy

A chunky butternut squash and potato pastry slice

Veggie Balls in Tomato Sauce with Pasta

Delicious veggie balls in a tasty tomato sauce with pasta

Golden Fish Fingers and Chips

Crispy fish fingers with scrummy chips

Veggie Sausage and Mash with Gravy

Veggie Sausage and mash with gravy

Available every day!

Cool water Salad

Freshly baked bread

Yoghurt
Fresh fruit



SIDES...

Peas and Fresh Carrots

Sweetcorn and Fresh Broccoli

Fresh Carrots and Fresh Cabbage

Sweetcorn and Fresh Broccoli

Baked Beans
Fresh Carrots and Peas

PICK A PUD!

Oatie Biscuit
with Fruit Slices

Apple and Carrot Yoghurt Muffin

Strawberry Ice Cream
with Fruit Slices

Chocolate Sponge Cake
with Fruit Slices

Creamy Peach Rice Pudding

SALADS...

A Selection of Fresh Salads
Including Lettuce, Cucumber, Tomato,
Grated Carrot, Sweetcorn
and Potato Salad



WEEKS COMMENCING;
13/09, 04/10, 25/10, 15/11,
06/12, 27/12, 17/01, 07/02,
28/02, 21/03, 11/04

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

