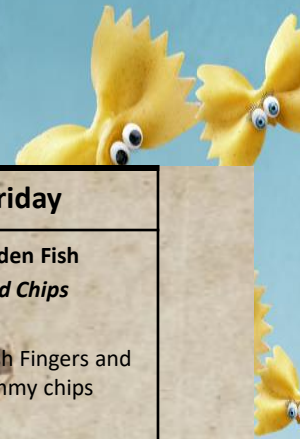





Primary Lunch Menu Autumn 2021



Lunch Menu

Week 1 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Beef Lasagna With Garlic Bread	Allegra's Chicken Filo Pie with Mashed Potato Light filo pastry, hearty chicken centre	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Beef Bolognese **  A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's BBQ Beans (V)  Served with Cornbread	Quorn Fillet Roast with Roast Potatoes and Gravy (V) A chunky sweet potato and chickpea roast	Butternut Squash and Tomato Bake with Rice (V) ** A delicious butternut squash and tomato bake served with rice	Quorn Dippers and Chips (V) Crispy Quorn nuggets with their fav sauce – ketchup
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot. 				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Blueberry Frozen Yoghurt	Orange Drizzle Cake	Banana Oat Bake	Pineapple Upside down Cake	Lemon Slice

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

Lunch Menu

Week 2 - Mains




	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Beef Bolognese ** (V)  Penne pasta in a yummy tomato sauce	Allegra's Chicken Katsu ** Served with Wholemeal Rice	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Cottage Pie **  A classic cottage pie with veg and gravy	Golden Battered Fish and Chips Crispy Fish and scrummy chips
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Allegra's Oodles of Noodles (V)  Veggie Noodles	Quorn Sausages (V) with Roast Potatoes and Gravy	Mild Chickpea and Potato Curry (V) **  Served with Wholemeal Rice	Tomato Veggie Burger with Chips (V) A delicious homemade veggie burger
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Pasta	Tomato Pasta ** (V)  A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Apple and Berry Crumble	Orange Shortbread	Strawberry Cheesecake	Fruity Chocolate Brownie	Vanilla Ice-Cream
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



Lunch Menu

Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's Garlicky Chicken and Spanishy Spuds  Garlic seasoned chicken served with potatoes	Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy	Beef Burrito  A soft wrap filled with fresh beef and rice	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and rich gravy 	Allegra's Cheesy Peasy Risotto Bake (V) A delicious cheesy risotto	Quorn Hot dog With Homemade Potatoes Wedges	Veggie Lasagne served with a bread wedge (V) ** Delicious sheets of pasta layered with veggies and tomato sauce	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli 
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Crispy Snow Bar	Apple & Carrot Muffin	Mango Frozen Yoghurt	Chocolate Slice	Strawberry Ice Cream

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily
 *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

