

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 <i>with Roast Potatoes and Gravy</i> Succulent roast chicken with fluffy roasties and tasty gravy	Beef Bolognese ** A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish <i>and Chips</i> Crispy Fish Fingers and scrummy chips
Alternative Dish	Vegetable Lasagne With Garlic Bread	Macaroni Cheese	Quorn Fillet Roast <i>with Roast Potatoes and Gravy (V)</i> A chunky sweet potato and chickpea roast	Vegetarian Bolognese A classic Italian Quorn mince Bolognese in a yummy tomato sauce	Quorn Dippers <i>and Chips (V)</i> 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 Cake	Pineapple Upside down Cake	Lemon Slice

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

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