

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 <i>with Roast Potatoes and Gravy</i> 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	Mexican Vegetarian Burrito	<i>Quorn Hot dog With Homemade Potatoes Wedges</i>	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	Cookie	Fruit Jelly	Strawberry Cheesecake	Chocolate Sponge Cake	Strawberry Ice Cream
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					