

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY FAVOURITES...

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings 

Jacket Potato
with salmon mayo 

Jacket Potato
with a choice of fillings 

Jacket Potato
with a choice of fillings 

Jacket Potato
with a choice of fillings  

Try something different!

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

Allegra's Chicken Filo Pie with Mashed Potato

A delicious light filo pastry topped chicken pie

Roast Turkey with Roast Potatoes & Gravy

Roast turkey with fluffy roasties and tasty gravy

Favourite Beef Lasagne with a Garlic & Herb Bread Wedge

A classic Italian beef lasagne in a yummy tomato sauce

HOT SPECIALS...

Burrito

A soft wrap filled with lightly spiced veggies and rice

Veggie Korma with Bombay Potatoes

A Veggie version of the classic mild Korma, with yummy lentils and chickpeas

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy

A chunky sweet potato and chickpea roast

Butternut Squash and Tomato Bake with Rice

A delicious butternut squash and tomato bake served with rice

Southern Fried Chicken Tasters with Chips

Lightly seasoned crispy chicken strips and scrummy chips

Vegetable Supreme Pizza with dough balls

Cheesy tomato pizza slice topped with sweetcorn and peppers

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 Broccoli and Sweetcorn

Baked Beans Fresh Carrots and Peas

PICK A PUD!

Raspberry Ripple Ice Cream
with Fruit Slices

Secret Brownie

Shortbread Biscuit
with Fruit Slices

Berry & Peach Oaty Crumble
with Custard

Orange, Sultana & Carrot Slice

SALADS...

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

WEEKS COMMENCING;

30/08, 20/09, 11/10, 01/11,
22/11, 13/12, 03/01, 24/01,
14/02, 07/03, 28/03, 18/04

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

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY FAVOURITES...

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings 

Jacket Potato
with a choice of fillings 

Jacket Potato
with a choice of fillings  

Jacket Potato
with a choice of fillings 

Jacket Potato
with a choice of fillings 

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HOT SPECIALS...

Veggie Bolognese  
Yummy veggie Bolognese with pasta

Sausage and Mash with Gravy
Sausage and mash with rich gravy

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

Cottage Pie 
Home cooked minced beef with a crispy potato topping

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

Creamy Vegetable Pie with Roast Potatoes and Gravy 
Creamy vegetable pie with a cheesy shortcrust topper

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  
Cheese and Tomato Pizza with Dough Balls

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

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WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY FAVOURITES...

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Tomato Pasta  
or
Sandwiches
with a choice of fillings

Jacket Potato
with a choice of fillings 

Jacket Potato
with a choice of fillings 

Jacket Potato
with a choice of fillings  

Jacket Potato
with a choice of fillings 

Jacket Potato
with a choice of fillings 

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HOT SPECIALS...

Vegetable Supreme Pizza with dough balls  
Cheesy tomato pizza slice topped with sweetcorn and peppers

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

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



Soft Taco and Chips  
A soft taco shell filled with a yummy veggie tomato chilli

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

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