N

202

SPRING/SUMMER









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Butternut Squash and Tomato

A delicious butternut squash and

tomato bake served with rice

Bake with Rice W

Beef Bolognese 🐲 🥹

FRIDAY

Hot Main Dish

Allegra's Proper Chicken Pie with Mashed Potato

Roast Chicken with Roast Potatoes and Gravv

A classic Italian beef Bolognese in Succulent roast chicken with fluffy a yummy tomato sauce roastles and tasty gravy

Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips

Quorn Dippers and Chips

Crispy Quorn nuggets

A Selection of Fresh Salads

Including lettuce, cucumber,

with a choice of fillings

A delicious fresh, homemade

tomato sauce with penne pasta

Tomato Pasta

Alternative Dish

Cheesy macaroni pasta

A Selection of Fresh Salads

Including lettuce, cucumber,

tomato, grated carrot

with a choice of fillings

and Cauliflower Cheese Pie

with a shortcrust topping

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy A chunky sweet potato

and chickpea roast

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

Jacket Potato 🕜 🥮 with a choice of fillings

tomato, grated carrot Jacket Potato 🕜 🤎

Jacket Potato

Tomato Pasta

Jacket Potato W

A delicious freeh, homemade tomate sauce with penne pasta

A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta W A delicious fresh, homemade tomato sauce with penne pasta

Broccoli and Sweetcorn

Baked Beans and Peas

Vegetables

Pasta

Vanilla Ice Cream

Green Beans and Sweetcorn

Secret Brownie

Banana and Apricot Flapjack with Fruit Slices

Orange, Sultana and Carrot Slice

Desserts

PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD. YOGHURT & FRESH FRUIT

🔘 Vegetarian 🐞 Oily fish 🐞 Wholegrain 🍏 Fruity! 💖 Nutritionist's Choice

Internal

Salads

Cheese and Tomato Pizza Potato wedges

> Macaroni Cheese Allegra's Broccoli

> > Cheesy broccoli and cauliflower

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

Jacket Potato W 🕸 🤫 with salmon mayonnaise and a choice of fillings

Tomato Pasta 🔾 🐲

A delicious fresh, homemade tomato sauce with penne pasta

Peas and Broccoli

Jacket Potato W with a choice of fillings

Tomato Pasta V

Carrots and Cabbage

Shortbread Biscuit 🍏 with Fruit Slices

W/C: 06/06, 27/06, 18/07, 28/08, 19/09, 10/10









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Veggie Bolognese 🗸 🤲 Penne pasta in a yummy tomato sauce

Allegra's Asian Sticky Noodles Chicken and vegetables in sweet sauce with noodles

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 Fish Fingers and Chips Crispy fish fingers and scrummy chips

Alternative Dish

Cheese and Tomato Pizza W Cheesy tomato topped pizza slice

Allegra's BBQ Beans W Tasty BBQ beans served with cornbread

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

Mild Chickpea and Potato Curry Served with wholemeal rice 日本等

Quorn Dippers and Chips 🕜 Crispy Quorn nuggets

Salads

2022

SPRING/SUMMER

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

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Jacket Potato

Jacket Potato W Jacket Potato W With a choice of fillings With a choice of fillings

Jacket Potato W With a choice of fillings

Jacket Potato W With a choice of fillings

Jacket Potato W With a choice of fillings

Pasta

Tomato Pasta Tomato Pasta 🕶 A delicious fresh, homemade A delicious fresh, homemade tomato sauce with penne pasta tomato sauce with penne pasta

Tomato Pasta V A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta W A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta O A delicious fresh, homemade tomato sauce with penne pasta

Vegetables

Carrot Sticks and Cucumber Sticks Peas and Broccoli Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Flapiack with Fruit Slices

Orange Shortbread with Fruit Slices

Crunchy Chocolate Biscuit

Fruity Chocolate Brownie

Vanilla Ice Cream

PACKED LUNCH-AVAILABLE DAILY

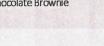
HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOCHURT & FRESH FRUIT

O Vegetarian Doily fish Wholegrain Fruity! Whatritionist's Choice

Internal













MENU

CONTRACT	MINISTER	CONTRACTOR	Name and Address of the Owner, where	1
				8000

Hot Main Dish

Alternative Dish

Salads

Jacket Potato

Pasta

Vegetables

Desserts

MONDAY

Cheese and Tomato Pizza With Wedges

Veggie Sausage and Mash with Gravy W Fluffy mash with veggie sausages and rich gravy

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

Jacket Potato W With a choice of fillings

Tomato Pasta 🕶 A delicious fresh, homemade tomato sauce with penne pasta

Peas and Carrots

Oatie Biscuit with Fruit Slices 89 T

TUESDAY

Chinese Chicken Noodles

Veggie Balls In Tomato Sauce with Pasta

O等級

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

Jacket Potato W With a choice of fillings

Tomato Pasta 🕶 A delicious fresh, homemade tomato sauce with penne pasta

Sweetcorn and Broccoli

Apple and Carrot Yoghurt Muffin

WEDNESDAY

Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy

Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy

A chunky butternut squash and potato slice

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

Jacket Potato V With a choice of fillings

Tomato Pasta V A delicious fresh, homemade tomato sauce with penne pasta

Carrots and Cabbage

Strawberry Ice Cream

THURSDAY

Beef Bolognese A With pasta

Veggie Lasagne served with a bread wedge Delicious sheets of pasta layered with veggies and tomato sauce

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

Jacket Potato W With a choice of fillings

Tomato Pasta V A delicious fresh, homemade tomato sauce with penne pasta

Green Beans and Sweetcorn

Chocolate Sponge Cake

FRIDAY

Chicken Tasters Or Fishfinger

Soft Taco and Chips W A soft taco shell filled with a

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

yummy veggie tomato chilli

Jacket Potato W With a choice of fillings

Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta

Baked Beans and Peas

Banana and Apricot Flapjack



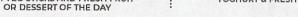


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