





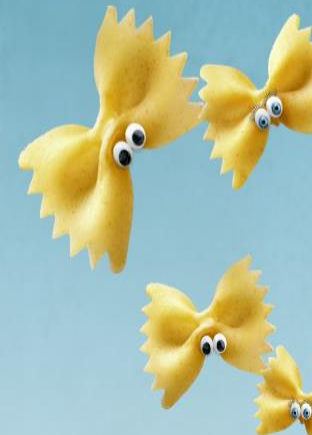
THAT Lunch Menu Autumn 2021



Lunch Menu

Week 1 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) A soft wrap filled with lightly spiced veggies and rice 	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 Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's BBQ Beans (V) Served with Cornbread 	Sweet Potato and Chickpea 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	Raspberry Ripple Ice-Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Berry & Peach Oaty Crumble* with Custard	Orange, Sultana & Carrot Slice



Week Commencing
 30st Aug
 20th Sept
 11th Oct
 8th Nov
 29th Nov
 3rd Jan
 24th Jan
 21st Feb
 14th Mar

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

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



PACKED LUNCH...
 AVAILABLE DAILY






Ham or Cheese or a Daily Special Sandwich, Wrap, Roll or Baguette. with Veg Sticks and Fresh Fruit or Bear Yo Yo or Dessert of the Day



Lunch Menu

Week 2 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese ** (V)  Penne pasta in a yummy tomato and Quorn sauce	Sausage with Mashed Potato	Roast Gammon with Roast Potatoes and Gravy Succulent roast gammon 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 ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Allegra's Oodles of Noodles (V)  Veggie Noodles	Creamy Vegetable Pie (V) with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	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	Flapjack with Fruit Slices*	Peach Shortbread Pudding* & Custard	Raspberry yoghurt cake	Fruity Chocolate Brownie	Vanilla Ice-Cream

Week Commencing
 6th Sept
 27th Sept
 18th Oct
 15th Nov
 6th Dec
 10th Jan
 31st Jan
 28th Feb
 21st Mar

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

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



PACKED LUNCH...
 AVAILABLE DAILY




Ham or Cheese or a Daily Special Sandwich, Wrap, Roll or Baguette. with Veg Sticks and Fresh Fruit or Bear Yo Yo or Dessert of the Day



Lunch Menu

Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's Garlicky Chicken and Spanish 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 Or Fishfingers Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy (V) Fluffy mash with veggie sausage  rich gravy	Allegra's Cheesy Peasy Risotto Bake (V) A delicious cheesy risotto	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy (V) A chunky Butternut Squash and potato slice	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	Oatie Biscuit with Fruit Slices*	Apple and Carrot Yoghurt Muffin*	Strawberry Ice Cream	Chocolate Sponge Cake	Creamy Peach Rice Pudding

Week Commencing

13th Sept
4th of Oct
1st Nov
22nd Nov
13th Dec
17th Jan
7th Feb
7th Mar
28th Mar

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

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



PACKED LUNCH...
AVAILABLE DAILY

Ham or Cheese or a Daily Special Sandwich, Wrap, Roll or Baguette. with Veg Sticks and Fresh Fruit or Bear Yo Yo or Dessert of the Day

