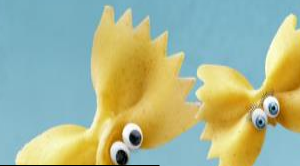







Primary Lunch Menu Autumn 2021



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 Meatballs in Tomato Sauce  With Pasta	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza** (V) Dough Balls	Macaroni Cheese (V)  Cheesy Macaroni Pasta	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)  A chunky sweet potato and chickpea roast	Quorn Hot Dog (V) with Potato Wedges	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	Banana Cake* *	Berry & Peach Oaty Crumble* <i>with Custard</i>	Chocolate and Raspberry Swirl Cake

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

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

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	Pork Sausage with Mashed Potato	Roast Chicken with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Beef Bolognese*  With Pasta	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	Quorn Dippers (V)
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*	Orange Shortbread* with Fruit Slices	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Vanilla Ice-Cream

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

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



Lunch Menu

Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza** Dough Balls	Allegra's Garlicky Chicken and Spanishy Spuds  Garlic seasoned chicken served with potatoes	Roast Chicken with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy	Beef Bolognese** With Pasta	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 	Macaroni Cheese (V)	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	Orange Shortbread* with Fruit Slices	Pineapple and Peach Crumble * with Custard 	Strawberry Ice Cream	Chocolate Sponge Cake	Crispy Snow Bar

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

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

