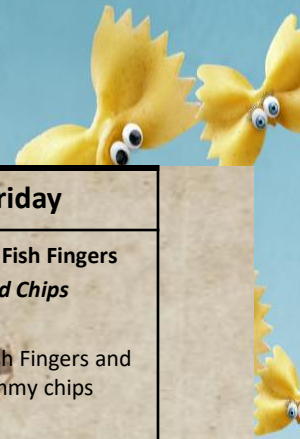




Primary Lunch Menu Autumn 2021



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 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	Quorn Roast with Roast Potatoes and Gravy (V)	Quorn Hotdog Served with Potato Wedges	Quorn Dippers and Chips (V) Crispy Quorn nuggets with their fav sauce – ketchup
Jacket Potato	Jacket Potato With A Choice Of Fillings – Baked Beans, Cheese, Tuna				
Sandwiches	Ham, Cheese or Tuna Sandwich served with Carrot Sticks, Cherry Tomatoes and Cucumber Sticks				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	/ Baked Beans 
Desserts	Raspberry Ripple Ice-Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Pineapple Upside Down Cake* 	Cheese & Biscuits (Cheddar Portion)
Cool Water, Fresh Fruit, Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

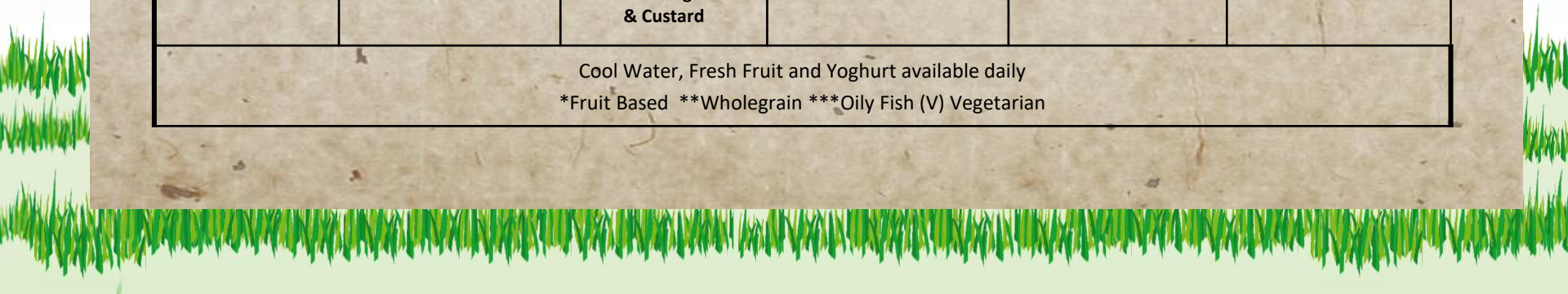


Lunch Menu

Week 2 - Mains






	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese **(V)  Penne pasta in a yummy tomato and Quorn sauce	Sausage & Mash Pork Sausage, mashed Potato & Gravy	Roast Gammon <i>with Roast Potatoes and Gravy</i> 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	The Incredible Burger	Quorn Roast with Roast Potatoes and Gravy (V)	Mild Chickpea & Potato Curry	Tomato Veggie Burger with Chips (V) A delicious homemade veggie burger
Jacket Potato	Jacket Potato With A Choice Of Fillings – Baked Beans, Cheese or Tuna				
Sandwiches	Ham, Cheese or Tuna Sandwich served with Carrot Sticks, Cherry Tomatoes and Cucumber Sticks				
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
Cool Water, Fresh Fruit and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



Lunch Menu

Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Hot Chicken Sandwich Chicken Breast Served with Mayo & Lettuce	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 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 	Veggie Balls in Tomato Sauce **	Quorn Roast 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 
Jacket Potato	Jacket Potato With A Choice Of Fillings – Baked Beans, Cheese or Tuna				
Sandwiches	Ham, Cheese or Tuna Sandwich served with Carrot Sticks, Cherry Tomatoes and Cucumber Sticks				
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	Lemon Slice
Cool Water, Fresh Fruit and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

