

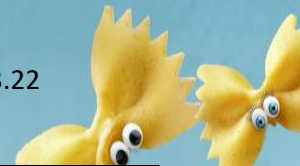
Primary Lunch Menu Autumn 2021





Lunch Menu

Week 1 - Mains

W/C 31.8.21, 20.9.21, 11.10.21, 8.11.21, 29.11.21, 3.1.22, 24.1.22, 21.2.22, 14.3.22



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza** (V) Served with Dough Balls	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	Hot Baguette and Soft Roll Selection Hot Pork Sausage Baguette or Ham/Tuna Roll	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Macaroni Cheese Cheesy Macaroni Pasta	The Incredible Burger with Potato Wedges (V)	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)  A chunky sweet potato and chickpea roast	Hot Baguette and Soft Roll Selection Quorn Sausage Baguette or Cheese Roll	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	Lemon Slice

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




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

Lunch Menu

Week 2 - Mains

W/C 6.9.21, 27.9.21, 18.10.21, 15.11.21, 6.12.21, 10.1.22, 31.1.22, 28.2.22, 21.3.22,



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Pork Sausage with Mashed Potato	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Hot Baguette and Soft Roll Selection Southern Fried Chicken Strip Baguette or Ham/Tuna Roll	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Veggie Bolognese **(V) Penne pasta in a yummy tomato and Quorn sauce 	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	Hot Baguette and Soft Roll Selection Quorn Ball Marinara Baguette or Cheese Roll	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 Ripple Cake	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

W/C 13.9.21, 4.10.21, 1.11.21, 22.11.21, 13.12.21, 17.1.22, 7.2.22, 7.3.22, 28.3.22



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza** Served with Dough Balls	Allegra's Garlicky Chicken and Spanish Spuds Garlic seasoned chicken served with potatoes 	Roast Gammon with Roast Potatoes and Gravy Succulent roast gammon with fluffy roasties and tasty gravy	Hot Baguette and Soft Roll Fish Finger Baguette or Ham/Tuna Roll	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	Hot Baguette and Soft Roll Quorn Sausage Baguette or Cheese Roll	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*	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