

# Primary Lunch Menu

## Autumn 2021








# Lunch Menu

## Week 1 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Beef Lasagna</b>  <b>With Garlic Bread</b>	<b>Allegra's Chicken Filo Pie with Mashed Potato</b>  Light filo pastry, hearty chicken centre	<b>Roast Chicken with Roast Potatoes and Gravy</b>  Succulent roast chicken with fluffy roasties and tasty gravy	<b>Beef Bolognese **</b>  A classic Italian beef Bolognese in a yummy tomato sauce	<b>Golden Fish and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Macaroni Cheese (V)</b>  Cheesy Macaroni Pasta	<b>Allegra's Beans (V)</b>   Served with Cornbread	<b>Quorn Fillet Roast with Roast Potatoes and Gravy (V)</b>  A chunky sweet potato and chickpea roast	<b>Butternut Squash and Tomato Bake with Rice (V) **</b>  A delicious butternut squash and tomato bake served with rice	<b>Quorn Dippers and Chips (V)</b>  Crispy Quorn nuggets with their fav sauce – ketchup
<b>Third Choice</b>		<b>Jacket Potato with Salmon Mayonnaise ***</b>			
<b>Salads</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot. 				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	<b>Green Beans Sweetcorn</b>	<b>Peas Broccoli</b>	<b>Carrots Cabbage</b>	<b>Broccoli Sweetcorn</b>	<b>Baked Beans Peas</b>
<b>Desserts</b>	<b>Blueberry Frozen Yoghurt</b>	<b>Orange Drizzle Cake</b>	<b>Banana Oat Bake</b>	<b>Pineapple Upside down Cake</b>	<b>Lemon Slice</b>

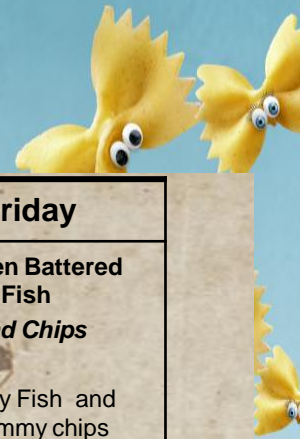
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily






\*\*Fish & Beans \*\*\*Allergies: \*\*\*Oil Free (V) Vegetarian



# Lunch Menu

## Week 2 - Mains







	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Beef Bolognese ** (V)</b>  Penne pasta in a yummy tomato sauce	<b>Allegra's Chicken Katsu **</b> Served with Wholemeal Rice	<b>Roast Turkey with Roast Potatoes and Gravy</b> Succulent roast turkey with fluffy roasties and tasty gravy	<b>Cottage Pie * </b> A classic cottage pie with veg and gravy	<b>Golden Battered Fish and Chips</b> Crispy Fish and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza ** with Dough Balls (V)</b> Cheesy Tomato Topped Pizza Slice	<b>Allegra's Oodles of Noodles (V </b> Veggie Noodles	<b>Quorn Sausages (V) with Roast Potatoes and Gravy</b>	<b>Mild Chickpea and Potato Curry (V) ** </b> Served with Wholemeal Rice	<b>Tomato Veggie Burger with Chips (V)</b> A delicious homemade veggie burger
<b>Salads</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot.				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings </b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
<b>Desserts</b>	Apple and Berry Crumble	Orange Shortbread	Crunchy Chocolate Biscuit	Raspberry Ripple Cake	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
<b>Hot Main Dish</b>	<b>Macaroni Cheese (V)</b> Cheesy Macaroni Pasta	<b>Allegra's Garlicky Chicken and Spanish Spuds</b>  Garlic seasoned chicken served with potatoes	<b>Roast Pork with Roast Potatoes and Gravy</b> Succulent roast pork with fluffy roasties and tasty gravy	<b>Beef Burrito</b>  A soft wrap filled with fresh beef and rice	<b>Southern Fried Chicken Tasters</b> Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	<b>Veggie Sausage and Mash with Gravy (V)</b> Fluffy mash with veggie sausages and rich gravy 	<b>Allegra's Cheesy Peasy Risotto Bake (V)</b> A delicious cheesy risotto	<b>Quorn Hot dog With Homemade Potatoes Wedges</b>	<b>Veggie Lasagne served with a bread wedge (V) **</b> Delicious sheets of pasta layered with veggies and tomato sauce	<b>Soft Taco and Chips (V)</b> A soft taco shell filled with a yummy veggie tomato chilli 
<b>Salads</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot.				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	<b>Peas Carrots</b>	<b>Sweetcorn Broccoli</b>	<b>Carrots Cabbage</b>	<b>Green Beans Sweetcorn</b>	<b>Baked Beans Peas</b>
<b>Desserts</b>	<b>Crispy Snow Bar</b>	<b>Apple &amp; Carrot Muffin</b>	<b>Mango Frozen Yoghurt</b>	<b>Chocolate Slice</b>	<b>Cheese &amp; Biscuits Soft Cheese Portion</b>
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					