





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 BBC 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
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
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	Allegra's Chicken Katsu ** Served with Wholemeal Rice	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey 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
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	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's Garlicky Chicken and Spanishy Spuds  Garlic seasoned chicken served with potatoes	Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy	Cornish Steak Pasty With Potato Wedges	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 	Allegra's Cheesy Peasy Risotto Bake (V) A delicious cheesy risotto	Quorn Roast Quorn Fillet with fluffy roasties and tasty gravy	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	Crispy Snow Bar
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					