







Primary Lunch Menu Autumn 2021



Lunch Menu

Week 1 - Mains






	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Chinese Veggie Noodles (V) 	Allegra's Chicken Filo Pie with Mashed Potato  Light filo pastry, hearty chicken centre	Roast Chicken <i>with Roast Potatoes and Gravy</i> Succulent roast chicken with fluffy roasties and tasty gravy	Beef Bolognese ** A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers <i>and Chips</i>  Crispy Fish Fingers and scrummy chips
Alternative Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's BBQ Beans (V)  Served with Cornbread	Sweet Potato and Chickpea Roast <i>with Roast Potatoes and Gravy (V)</i> 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 <i>and Chips (V)</i> 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* <i>with Custard</i>	Orange, Sultana & Carrot Slice
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

Week
Commencing

30st Aug
20th Sept
11th Oct
8th Nov
29th Nov
3rd Jan
24th Jan
21st Feb
14th Mar

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 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	Quorn Dippers (V) with Chips (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*	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					

Week
Commencing

6th Sept

27th Sept

18th Oct

15th Nov

6th Dec

10th Jan





31st Jan

28th Feb

21st Mar

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 <i>with Roast Potatoes and Gravy</i>  Succulent roast pork with fluffy roasties and tasty gravy	Beef Meatballs in Tomato Sauce** 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	Allegra's Cheesy Peasy Risotto Bake (V) A delicious cheesy risotto 	Butternut Squash and Potato Pastry Slice <i>with Roast Potatoes and Gravy</i> (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	Quorn Dippers (V) and Chips (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	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	Cheese & Biscuits Soft Cheese Portion
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

Week
Commencing

13th Sept

4th of Oct

1st Nov

22nd Nov

13th Dec

17th Jan

7th Feb

7th Mar

28th Mar