

WEEK 3

MONDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings

DAILY FAVOURITES...

Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

Vegetable Supreme Pizza with dough balls Cheesy tomato pizza slice topped with sweetcorn and peppers

Veggie Sausage and Mash with Gravy Veggie Sausage and mash with gravy

TUESDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings

Allegra's Garlicy Chicken and Spanishy Spuds Garlic seasoned chicken served with spanish style potatoes

Allegra's Cheesy Peasy Risotto Bake A delicious baked cheesy, pea risotto

Available every day!

Cool water Salad

WEDNESDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings

Roast Pork with Roast Potatoes & Gravy Roast pork with fluffy roasties and tasty gravy

Pastry Slice with Roast Potatoes and Gravy A chunky butternut squash and potato and potato pastry slice

Freshly baked bread Yoghurt Fresh fruit

THURSDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings

Beef Meatballs in Tomato Sauce with Pasta Delicious beef meatballs in a tasty tomato sauce with pasta

Veggie Balls in Tomato Sauce with Pasta Delicious veggie balls in a tasty tomato sauce with pasta

FRIDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings

Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips

Soft Taco and Chips A soft taco shell filled with a yummy veggie tomato chilli

SALADS...

A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad

WEEKS COMMENCING; 13/09, 04/10, 25/10, 15/11, 06/12, 27/12, 17/01, 07/02, 28/02, 21/03, 11/04

Look out for these symbols for our super healthy dishes:

- Nutritionist's Choice Vegetarian Oily fish Fruity!

..... Allergy? Speak to our kitchen for help

PICK A PUDD!

Oatie Biscuit with Fruit Slices

Apple and Carrot Yoghurt Muffin

Strawberry Ice Cream with Fruit Slices

Chocolate Sponge Cake with Fruit Slices

Creamy Peach Rice Pudding

SIDES...

Peas and Fresh Carrots

Sweetcorn and Fresh Broccoli

Fresh Carrots and Fresh Cabbage

Sweetcorn and Fresh Broccoli

Baked Beans Fresh Carrots and Peas

