

WEEK 3

DAILY FAVES...

HOT SPECIALS...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and Tomato Pizza with Dough Balls ✓ Cheesy tomato topped pizza slice Veggie Sausage and Mash with Gravy ✓ Veggie sausage and mash with rich gravy	Allegra's Garlicky Chicken and Spanish Spuds ✓ Garlic seasoned chicken served with spanish style potatoes Allegra's Cheesy Peasy Risotto Bake ✓ A delicious baked cheesy, pea risotto	Tender Roast Gammon with Roast Potatoes & Gravy ✓ Tender roast gammon with fluffy roasties and tasty gravy Butternut Squash and Potato Pastry Slice with Roast Potatoes & Gravy ✓ A chunky Butternut Squash and potato slice	Lasagne with a Garlic & Herb Bread Wedge ✓ A classic Italian layered pasta dish with beef mince Mild Chickpea and Potato Curry ✓ Served with Wholemeal Rice	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
Jacket Potato ✓ with a choice of fillings Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato ✓ with a choice of fillings Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato ✓ with a choice of fillings Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato ✓ with a choice of fillings Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato ✓ with a choice of fillings Tomato Pasta ✓ Fresh, homemade tomato and basil sauce with penne pasta
SIDES... Peas and Carrots	SIDES... Sweetcorn and Broccoli	SIDES... Carrots and Cabbage	SIDES... Broccoli and Sweetcorn	SIDES... Baked Beans and Peas
PICK A PUDD! Oatie Biscuit with Fruit Slices	PICK A PUDD! Apple & Carrot Yoghurt Cake	PICK A PUDD! Fruit & Yoghurt	PICK A PUDD! Chocolate Sponge Cake with Chocolate Sauce	PICK A PUDD! Crispy Snow Bar



Food Super Heroes Menu

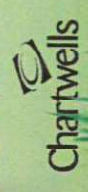
YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

£2.15

THREE WEEK MENU

AUTUMN/WINTER 2021



MONDAY

HOT SPECIALS...

Burrito  
A soft wrap filled with lightly spiced veggies and rice

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

TUESDAY

Allegra's Chicken Filo Pie with Mashed Potato
A delicious light filo pastry topped chicken pie

Butternut Squash & Tomato Bake with Rice  
A vegetable bake topped with a cheesy crust served with rice

WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy
Roast turkey with fluffy roasties and tasty gravy

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy  
A chunky sweet potato and chickpea roast

THURSDAY

Beef Bolognese  
A classic Italian Beef Bolognese in a yummy tomato sauce

Macaroni Cheese
Cheesy Macaroni Pasta

FRIDAY

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips

Meat-free Nuggets and Chips  
Crispy Quorn nuggets with their fave sauce - ketchup

DAILY FAVES...

Jacket Potato  
with a choice of fillings

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato  
with a choice of fillings including salmon mayo

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato  
with a choice of fillings

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato  
with a choice of fillings

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato  
with a choice of fillings

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

SIDES...

Carrots and Sweetcorn

Peas and Broccoli

Carrots and Cabbage

Broccoli and Sweetcorn

Baked Beans and Peas

PICK A PUDDING

Raspberry Ripple Ice Cream

Brownie

Fruit & Yoghurt

Pineapple Upside Down Cake with Custard

Shortbread Biscuit with Fruit Slices

WEEK 1

W/C 30/08, 20/09, 11/10, 08/11, 29/11, 03/01, 24/01, 21/02, 14/03

DAILY FAVES...

Jacket Potato  
with a choice of fillings

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato  
with a choice of fillings

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato  
with a choice of fillings

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato  
with a choice of fillings

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato  
with a choice of fillings

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

SIDES...

Carrots and Sweetcorn

Broccoli and Peas

Cabbage and Carrots

Broccoli and Sweetcorn

Peas and Baked Beans

PICK A PUDDING

Flapjack with Fruit Slices

Peach Shortbread Pudding & Custard

Fruit & Yoghurt

Fruity Chocolate Brownie

Raspberry Yoghurt Cake

WEEK 2

W/C 06/09, 27/09, 18/10, 15/11, 06/12, 10/01, 31/01, 28/02, 21/03

HOT SPECIALS...

Cheese and Tomato Pizza with Dough Balls  
Cheesy tomato topped pizza slice

Veggie Bolognese  
Yummy veggie Bolognese with pasta

Sausage and Mash with Gravy
Sausage and mash with rich gravy

Allegra's Oodles of Noodles  
Delicious noodles with tofu and veggies

Roast Chicken with Roast Potatoes & Gravy
Succulent roast chicken with fluffy roasties and tasty gravy

Creamy Vegetable Pie with Roast Potatoes and Gravy  
Creamy vegetable pie with a cheesy shortcrust topper

Cottage Pie  
Home cooked minced beef with a crispy potato topping

Macaroni Cheese  
Cheesy Macaroni Pasta

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips

Tomato Veggie Burger and Chips  
A scrummy tomato veggie burger in a soft bag

Available every day!

Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily fish  Fruity!
 Wholegrain  Nutritionist's Choice

