W/C: 02/05 23/05 13/06 04/07 25/07 05/09 HOT SPECIALS... DAILY FAVES... PICK A PUD! SIDES... **Vegetarian Sausage** Oaty Jacket Potatoes 🤫 🚳 Macaroni Cheese o Biscuit with Mashed Potato Peas A choice of hot and cold Traditional Mac N Cheese and Gravy ♥ ♥ with Fresh and fillings delicious macaroni in a Veggie sausage and mash **Cut Fruit Carrots** creamy cheese sauce with rich gravy Slices 🖦 Allegra's Chilli Con Chicken and Sweet Jacket Potatoes 🤫 👩 **Allegra's Cheesy Broccoli** Carrot A choice of hot and cold Peasy Risotto Bake o Potato Bake 🛭 and Cake with Baked wedges of sweet A delicious baked cheesy, Green Citrus potato, topped with tomato pea risotto Beans **Frosting** chicken & tortilla crunchies **Tender Roast Gammon Quorn Roast with** Jacket Potatoes 🥯 🙍 with Roast Potatoes & **Roast Potatoes and Carrots** A choice of hot and cold Gravy Gravy o Strawberry fillings and Delicious Quorn roast with Tender roast gammon with Ice Cream Cabbaae fluffy roasties and tasty fluffy roasties and tasty gravy gravy **Beef Meatballs in Veggie Lasagne Tomato Sauce with** served with a Bread Jacket Potatoes 🤫 👩 Broccoli **Chocolate** A choice of hot and cold Wedge o 🐲 Pasta \*\* and Sponge Delicious beef meatballs in a Delicious sheets of pasta Cake **Sweetcorn** layered with veggies and tasty tomato sauce with tomato sauce pasta **Southern Fried Chicken** Veggie Soft Taco and Jacket Potatoes ₩ 0 **Baked** Tasters with Chips

A choice of hot and cold

fillings

**Beans** 

and

Peas

Cheese &

**Biscuits** 

Chips o 😻

A soft taco shell filled with a

yummy veggie tomato chilli





Lightly seasoned crispy

chicken strips and scrummy

chips

| W         | EEK  | W/C: 18/04 09/05 20/06 11/07 12/09 03/10     |   |  |                                    | W  | W/C: 25/04 16/05 06/06 27/06 18/07 19/09 10/10 |  |                           |   |   |   |  |
|-----------|--|--|---|--|------------------------------------|--|--|--|---------------------------|---|---|---|--|
| 1         |  | HOT<br>SPECIALS                              |   | DAILY<br>FAVES   | SIDES                              | PICK A<br>PUD!   | <u> </u>                                       | 2  | HOT<br>SPECIALS           |   | DAILY<br>FAVES  | SIDES   | PICK A<br>PUD!                               |
| MONDAY    | Veggie Burrit<br>A soft wrap filled<br>spiced veggies  | with lightly                                 | Macaroni Cheese   Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce                                 | <b>Jacket Potatoes ॐ ◎</b> A choice of hot and cold fillings | Green<br>Beans<br>and<br>Sweetcorn | Raspberry<br>Ripple Ice<br>Cream                             | МОНВАУ   | Cheese and<br>Pizza o<br>Cheesy tomato<br>pizza sli                            | topped                    | Veggie Bolognese • * Yummy veggie Bolognese with pasta  | Jacket Potatoes ♥ ② A choice of hot and cold fillings       | Cucumber<br>Sticks<br>and<br>Carrot<br>Sticks | Flapjack<br>with Frui<br>Slices & &          |
| TUESDAY   | Allegra's BBG<br>Burger, Co<br>Pineapple Re<br>Potato We<br>BBQ chicken bre<br>with zingy co | rn and<br>elish with<br>edges<br>east burger | The Incredible Burger served with Potato Wedges © Meatless burger in a soft bap with ketchup                              | Jacket Potatoes ♥ ○ with Assorted Fillings                   | Sweetcorn<br>and<br>Broccoli       | Brownie  | TUESDAY  | Allegra's Asic<br>Noodl<br>Chicken and vec<br>sweet sauce wi                   | e <b>s</b><br>getables in | Allegra's Fruity Cous<br>Cous<br>With Mint Yoghurt and Pitta<br>Crisps                                    | Jacket Potatoes ♥ ② A choice of hot and cold fillings       | Cauliflower<br>and<br>Peas                    | Orange<br>Shortbred<br>with Frui<br>Slices & |
| WEDNESDAY | Roast Chick<br>Roast Pota<br>Gravy<br>Succulent roast of<br>fluffy roasties of<br>gravy      | toes &<br>y<br>chicken with<br>and tasty     | Sweet Potato and<br>Chickpea Roast with<br>Roast Potatoes and<br>Gravy • *<br>A chunky sweet potato and<br>chickpea roast | <b>Jacket Potatoes  ②</b>                                    | Carrots<br>and<br>Cabbage          | Shortbread<br>Biscuit<br>with Fresh<br>Cut Fruit<br>Slices ŏ |  | Roast Turke<br>Roast Pota<br>Gravy<br>Roast turkey w<br>roasties and ta        | toes &<br>vith fluffy     | Creamy Vegetable Pie with Roast Potatoes and Gravy © Creamy vegetable pie with a cheesy shortcrust topper | Jacket Potatoes ♥ ② A choice of hot and cold fillings       | Cabbage<br>and<br>Carrots                     | Raspberi<br>Yoghur<br>Cake                   |
| THURSDAY  | <b>Beef Bologn</b> A classic Itali bolognese in a tomato sc                                  | an beef<br>a yummy                           | Quorn Hot Dog with<br>Potato Wedges @<br>A delicious Quorn hot dog  | <b>Jacket Potatoes ♥ ○</b> A choice of hot and cold fillings | Broccoli<br>and<br>Sweetcorn       | Banana &<br>Apricot<br>Flapjack<br>with Fruit<br>Slices &    | THURSDAY                                       | Beef Lasagn<br>Garlic & Her<br>Wedge<br>A classic Italian<br>pasta dish with l | b Bread<br>a layered      | Mild Chickpea and Potato Curry with Rice  | <b>Jacket Potatoes  ②</b> A choice of hot and cold fillings | Mixed<br>Salad                                | Fruity<br>Chocolat<br>Brownie                |
| FRIDAY    | Golden Fish<br>and Ch<br>Crispy fish fing<br>scrummy (                                       | <b>ips</b><br>gers with                      | Quorn Nuggets and<br>Chips ©<br>Crispy Quorn nuggets with<br>their fave sauce - ketchup                                   | Jacket Potatoes ♥ ○ A choice of hot and cold fillings        | Baked<br>Beans<br>and<br>Peas      | Orange,<br>Sultana &<br>Carrot<br>Slice                      | FRIDAY   | Battered Fis<br>with Ch  |                           | Quorn Dippers with<br>Chips @<br>Crispy Quorn dippers with<br>their fave sauce - ketchup                  | Jacket Potatoes ♥ ○ A choice of hot and cold fillings       | Peas<br>and<br>Baked<br>Beans                 | Vanilla k<br>Cream                           |
|           |  |  |   |  | •                                  |  | •  | <b>V</b> ∨e  |                           | AVAILABLE EVE WATER, SALAD, FRESHLY YOGHURT & FRES Oily fish Wholegrain                                   | BAKED BREAD,<br>H FRUIT                                     | ist's Choice                                  | 0  |