WEEK 1

W/C 20/09 11/10 01/11 22/11 13/12 03/01 24/01 14/02 07/03 28/03

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	**Burrito** V A soft wrap filled with lightly spiced veggies and rice **Macaroni Cheese** V Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	**Raspberry Ripple Ice Cream**
TUESDAY	**Allegra's Chicken Filo Pie with Mashed Potato** A delicious light filo pastry topped chicken pie **Allegra's BBQ Beans served with Cornbread** V Tasty BBQ beans served with Cornbread	**Jacket Potatoes** with salmon mayonnaise **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Peas and Broccoli	**Brownie**
WEDNESDAY	**Roast Chicken with Roast Potatoes & Gravy** Succulent roast chicken with fluffy roasties and tasty gravy **Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy** V A chunky sweet potato and chickpea roast	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	**Shortbread Biscuit with Fresh Cut Fruit Slices**
THURSDAY	**Pasta Bolognese** A classic Italian beef bolognese in a yummy tomato sauce **Butternut Squash and Tomato Bake with Rice** V A delicious butternut squash and tomato bake served with rice	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Sweetcorn	**Berry & Peach Oaty Crumble with Custard**
FRIDAY	**Golden Fish Fingers and Chips** Crispy fish fingers with scrummy chips **Quorn Dippers and Chips** Crispy Quorn Nuggets with their fav sauce - Ketchup	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	**Orange, Sultana & Cake Slice**

WEEK 2

W/C 06/09 27/09 18/10 08/11 29/11 10/01 31/01 14/03 04/04

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	**Veggie Bolognese** V Penne pasta in a yummy tomato and Quorn sauce **Cheese and Tomato Pizza with Dough Balls** V Cheesy tomato topped pizza slice	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	**Flapjack with Fruit Slices**
TUESDAY	**Allegra's Chicken Katsu with a Rice Side** Yummy crispy Chicken Katsu with rice **Allegra's Oodles of Noodles** V Delicious noodles with tofu and veggies	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Peas	**Peach Shortbread Pudding & Custard**
WEDNESDAY	**Roast Turkey with Roast Potatoes & Gravy** Roast turkey with fluffy roasties and tasty gravy **Creamy Vegetable Pie with Roast Potatoes and Gravy** V Creamy vegetable pie with a cheesy shortcrust topper	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Cabbage and Carrots	**Raspberry Yoghurt Cake**
THURSDAY	**Cottage Pie** Home cooked minced beef with a crispy potato topping **Mild Chickpea and Potato Curry** V served with Wholemeal Rice	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	**Fruity Chocolate Brownie**
FRIDAY	**Golden Fish Fingers and Chips** Crispy fish fingers with scrummy chips **Tomato Veggie Burger with Chips** V A delicious homemade veggie burger	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Peas and Baked Beans	**Vanilla Ice-Cream**

V Vegetarian · Wholegrain · Nutritionist's Choice · Oily fish · Fruity!

Water, salad, bread and fruit Available every day!

WEEK 3

W/C 13/09 04/10 15/11 06/12 17/01 07/02 28/02 21/03

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	**Macaroni Cheese** Cheesey Macaroni Pasta **Veggie Sausage and Mash with Gravy** V Fluffy mash with veggie sausages and rich gravy	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Peas and Carrots	**Oatie Biscuit with Fruit Slices**
TUESDAY	**Allegra's Garlicky Chicken and Spanishy Spuds** Garlic seasoned chicken served with spanish style potatoes **Allegra's Cheesy Peasy Risotto Bake** V A delicious baked cheesy, pea rissoto	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Broccoli	**Apple and Carrot Yoghurt Muffin**
WEDNESDAY	**Roast Pork with Roast Potatoes & Gravy** Roast pork with fluffy roasties and tasty gravy **Meat-free Roast with Roast Potatoes and Gravy** V Delicious Quorn roast with fluffy roasties and tasty gravy	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	**Strawberry Ice Cream**
THURSDAY	**Cornish Steak Pasty with Potato Wedges** Steak pasty with potato wedges **Veggie Lasagne served with a Bread Wedge** V Delicious sheets of pasta layered with veggies and tomato sauce	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	**Chocolate Sponge Cake**
FRIDAY	**Southern Fried Chicken Tasters with Chips** Lightly seasoned crispy chicken strips and scrummy chips **Soft Taco and Chips** V A soft taco shell filled with a yummy veggie tomato chilli	**Jacket Potatoes** A choice of hot and cold fillings **Tomato Pasta** V Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	**Crispy Snow Bar**

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Chartwells