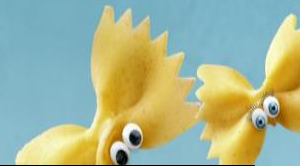








# Lunch Menu

## Week 1 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Burrito (V)</b> A soft wrap filled with lightly spiced veggies and rice 	<b>Allegra's Chicken Filo Pie with Mashed Potato</b>  Light filo pastry, hearty chicken centre	<b>Roast Turkey with Roast Potatoes and Gravy</b>  Succulent roast Turkey with fluffy roasties and tasty gravy	<b>Beef Lasagne With a Garlic and Herb Bread Wedge **</b>  A classic Italian beef Lasagne	<b>Southern Fried Chicken Tasters with Chips</b>  Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza** (v)</b>  Served with Dough Balls	<b>Veggie Korma with Bombay Potatoes (V)</b> 	<b>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)</b>   A chunky sweet potato and chickpea roast	<b>Butternut Squash and Tomato Bake with Rice (V) **</b>   A delicious butternut squash and tomato bake served with rice	<b>Quorn Dippers and Chips (V)</b>  Crispy Quorn nuggets with their fav sauce – ketchup
<b>Third Choice</b>		<b>Jacket Potato with Salmon Mayonnaise ***</b>			
<b>Salads</b>	<b>A Selection of Fresh Salads</b>  Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Additional</b>	<b>Tomato Pasta ** (V) or Sandwiches With A Choice Of Fillings</b>				
<b>Vegetables</b>	Fresh Carrots Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas and Carrots
<b>Desserts</b>	Raspberry Ripple Ice-Cream with Fruit Slices	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Berry & Peach Oaty Crumble* with Custard 	Chocolate Raspberry Swirl Cake

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian