







# Lunch Menu

## Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Vegetable Supreme Pizza**</b>  Dough Balls	<b>Allegra's Garlicky Chicken and Spanishy Spuds</b>   Garlic Seasoned Chicken served with potatoes	<b>Roast Beef with Roast Potatoes and Gravy</b>  Succulent roast beef with fluffy roasties and tasty gravy	<b>Beef Meatballs in Tomato Sauce</b>  Our Famous Meatballs in a tasty Tomato Sauce with Wholemeal Pasta**	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Veggie Sausage and Mash with Gravy (V)</b>  Fluffy mash with veggie sausages and rich gravy 	<b>Allegra's Cheesy Peasy Risotto Bake (V)</b>  A delicious cheesy risotto	<b>Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy (V)</b>  A chunky Butternut Squash and potato slice	<b>Veggie Balls In Tomato Sauce with Pasta** (V)</b> 	<b>Soft Taco (V) with Chip</b>   A soft taco shell filled with a yummy tomato veggie tomato chilli
<b>Salads</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot, Coleslaw 				
<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>	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Fresh Broccoli Sweetcorn	Baked Beans Peas and Carrots
<b>Desserts</b>	Oatie Biscuit* with Fruit Slices 	Pineapple and Peach* Crumble with Custard	Strawberry Ice Cream with Fruit Slices	Chocolate Sponge Cake	Crispy Snow Bar with Fruit Slices*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

