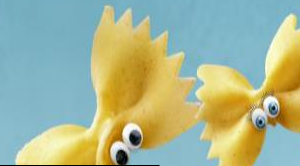


# Primary Lunch FFL Menu Autumn 2021



# 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 Chicken with Roast Potatoes and Gravy</b>  Succulent roast chicken with fluffy roasties and tasty gravy	<b>Beef Bolognese **</b>  A classic Italian beef Bolognese in a yummy tomato sauce	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Macaroni Cheese</b> Cheesy Macaroni Pasta	<b>Allegra's BBQ Beans (V)</b>  Served with Cornbread	<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 Roast Potatoes and Gravy (V)</b>  Our favourite veggie pasta bake with wholemeal pasta	<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>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
<b>Desserts</b>	Raspberry Ripple Ice-Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Berry & Peach Oaty Crumble* with Custard	Orange, Sultana & Carrot Slice

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

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

# Lunch Menu

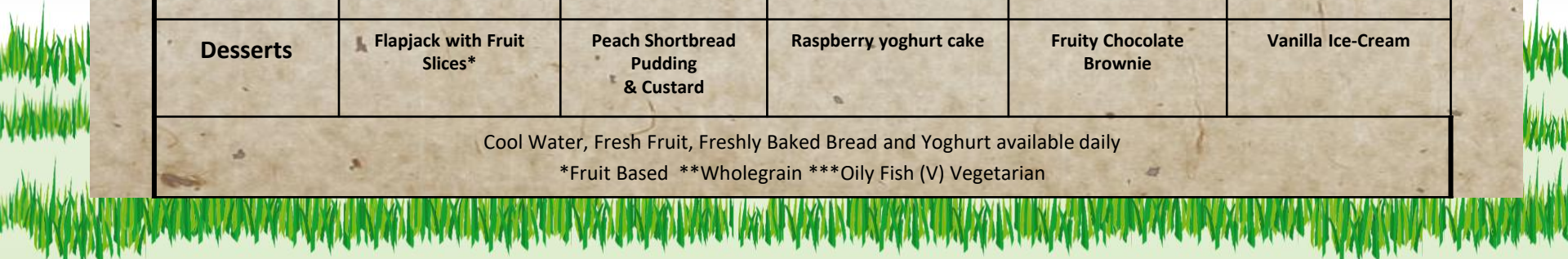
## Week 2 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Veggie Bolognese ** (V)</b>  Penne pasta in a yummy tomato and Quorn sauce	<b>Allegra's Chicken Katsu</b>  Served with Wholemeal Rice	<b>Roast Gammon with Roast Potatoes and Gravy</b>  Succulent roast gammon with fluffy roasties and tasty gravy	<b>Cottage Pie **</b>  A classic cottage pie with veg and gravy	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza ** with Dough Balls (V)</b>  Cheesy Tomato Topped Pizza Slice	<b>Allegra's Oodles of Noodles (V)</b>  Veggie Noodles	<b>Creamy Vegetable Pie with Roast Potatoes and Gravy (V)</b>  Creamy vegetable pie with a cheesy shortcrust topper	<b>Mild Chickpea and Potato Curry (V)</b>  Served with Wholemeal Rice	<b>Tomato Veggie Burger with Chips (V)</b>  A delicious homemade veggie burger
<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>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
<b>Desserts</b>	Flapjack with Fruit Slices*	Peach Shortbread Pudding & Custard	Raspberry yoghurt cake	Fruity Chocolate Brownie	Vanilla Ice-Cream

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

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



# Lunch Menu

## Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Macaroni Cheese</b> Cheesy Macaroni Pasta	<b>Allegra's Garlicky Chicken and Spanishy Spuds</b>  Garlic Seasoned Chicken served with potatoes	<b>Roast Pork with Roast Potatoes and Gravy</b>  Succulent roast pork with fluffy roasties and tasty gravy	<b>Beef Burrito</b>  A soft wrap filled with fresh beef and rice	<b>Southern Fried Chicken Tasters</b>  Lightly seasoned crispy chicken strips 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 Lasagne with a bread wedge (V)</b>  Delicious sheets of pasta layered with veggies and tomato sauce	<b>Soft Taco and Chips (V)</b>  A soft taco shell filled with a yummy veggie tomato chilli
<b>Salads</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot.				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
<b>Desserts</b>	Oatie Biscuit* with Fruit Slices	Apple and Carrot Yoghurt Muffin*	Strawberry Ice Cream	Chocolate Sponge Cake	Creamy Peach Rice Pudding

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily  
 \*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian

