

HALAL THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 18/04, 09/05, 06/06, 27/06, 18/07, 19/09, 10/10



MONDAY



TUESDAY

WEDNESDAY

THURSDAY



FRIDAY

Hot Main Dish

Burrito  
A soft wrap filled with lightly spiced veggies and rice


Jerk Chicken with Rice and Peas


Roast Chicken with Roast Potatoes and Gravy
Succulent roast chicken with fluffy roasties and tasty gravy

Beef Bolognese  
A classic Italian beef Bolognese in a yummy tomato sauce



Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips


Alternative Dish

Macaroni Cheese 
Cheesy macaroni pasta

Allegra Broccoli and Cauliflower Cheese 
Cheesy broccoli and cauliflower with a shortcrust topping

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy  
A chunky sweet potato and chickpea roast

Butternut Squash and Tomato Bake with Rice  
A delicious butternut squash and tomato bake served with rice

Quorn Dippers and Chips 
Crispy Quorn nuggets

Salads

A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot

A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot



Jacket Potato

Jacket Potato  
with a choice of fillings



Jacket Potato  
with salmon mayonnaise and a choice of fillings



Jacket Potato 
with a choice of fillings



Jacket Potato  
with a choice of fillings



Jacket Potato  
with a choice of fillings



Pasta

Tomato Pasta  
A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta  
A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta  
A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta  
A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta  
A delicious fresh, homemade tomato sauce with penne pasta

Vegetables

Green Beans and Sweetcorn

Peas and Broccoli

Carrots and Cabbage

Broccoli and Sweetcorn



Baked Beans and Peas

Desserts

Raspberry Ripple Ice Cream

Secret Brownie

Shortbread Biscuit with Fruit Slices 

Berry and Peach Oaty Crumble with Custard  

Orange, Sultana and Carrot Slice

SPRING/SUMMER 2022

PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's Choice**

WEEK 2 MENU

W/C: 25/04, 16/05, 13/06, 04/07, 05/09, 26/09, 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Veggie Bolognese Penne pasta in a yummy tomato sauce	Allegra's Asian Sticky Noodles Chicken and vegetables in sweet sauce with noodles	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Cottage Pie A classic cottage pie with veg and gravy	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza with Dough Balls Cheesy tomato topped pizza slice	The Incredible Burger with Potato Wedges	Creamy Vegetable Pie with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	Mild Chickpea and Potato Curry Served with wholemeal rice	Quorn Dippers with chips
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Carrot Sticks and Cucumber Sticks	Peas and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Flapjack with Fruit Slices	Orange Shortbread with Fruit Slice	Raspberry Yoghurt Cake	Fruity Chocolate Brownie	Vanilla Ice Cream

SPRING/SUMMER 2022

PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

WEEK 3 MENU

W/C: 02/05, 23/05, 20/06, 11/07, 12/09, 03/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese
 Cheesy Macaroni Pasta

Allegra's Chilli Con Chicken and Sweet Potato Bake
 Baked wedges of sweet potato, topped with tomato chicken and tortilla crunchies

Roast Chicken with Roast Potatoes and Gravy
 Succulent roast chicken with fluffy roasties and tasty gravy

Beef Burrito
 A soft wrap filled with fresh beef and rice

Southern Fried Chicken Tasters
 Lightly seasoned crispy chicken strips and scrummy chips

Alternative Dish

Veggie Sausage and Mash with Gravy
 Fluffy mash with veggie sausages and rich gravy

Veggie Balls In Tomato Sauce with Pasta

Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy
 A chunky butternut squash and potato slice

Veggie Lasagne
 served with a bread wedge
 Delicious sheets of pasta layered with veggies and tomato sauce

Soft Taco and Chips
 A soft taco shell filled with a yummy veggie tomato chilli

Salads

A Selection of Fresh Salads
 Including lettuce, cucumber, tomato, grated carrot

A Selection of Fresh Salads
 Including lettuce, cucumber, tomato, grated carrot

A Selection of Fresh Salads
 Including lettuce, cucumber, tomato, grated carrot

A Selection of Fresh Salads
 Including lettuce, cucumber, tomato, grated carrot

A Selection of Fresh Salads
 Including lettuce, cucumber, tomato, grated carrot

Jacket Potato

Jacket Potato
 With a choice of fillings

Jacket Potato
 With a choice of fillings

Jacket Potato
 With a choice of fillings

Jacket Potato
 With a choice of fillings

Jacket Potato
 With a choice of fillings

Pasta

Tomato Pasta
 A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta
 A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta
 A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta
 A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta
 A delicious fresh, homemade tomato sauce with penne pasta

Vegetables

Peas and Carrots

Sweetcorn and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Oatie Biscuit with Fruit Slices

Apple and Carrot Yoghurt Muffin

Strawberry Ice Cream

Chocolate Sponge Cake

Cheese & Biscuits Soft Cheese Portion

SPRING/SUMMER 2022

PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Internal

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

