Alleek 1

WEEK COMMENCING: 16TH APR/7TH MAY/28TH MAY/9TH JULY/3RD SEP/24TH SEP/15TH OCT

MONDAY

Chicken Sausage with Mash & Gravy

with Mash & Gravy

Beans, V Cheese, Vor Coleslaw

TUESDAY

Roasted Vegetable Lasagne

Jacket Potato with Tuna Mayo Beans, V Cheese, V or Coleslaw

WEDNESDAY

with Roast Potatoes

Šeans,V Cheese, V or Colesĺaw√

THURSDAY

Beans, V Cheese, V or Coleslaw V

FRIDAY

Fish Fingers & Chips (9)



Vegetarian Burger with Chips V

Béans, V Cheese, V or Coleslaw V



Many of our homemade desserts contain at least 50% fruit!



The fish we serve is from well-managed and sustainable fisheries.



Over 75% of our dishes are made fresh on site today from fresh ingredients.

We use wholegrain flour and serve wholemeal bread.



Where possible we use ingredients sourced from local producers.

WEEK COMMENCING: 23RD APR/14TH MAY/4TH JUNE/25TH JUNE/16TH JULY/10TH SEP/1ST OCT/22ND OCT

MONDAY

BBQ Chicken with Rice

in Tomato Sauce with Pasta

Jacket Potato with Tuna Mayo Beans, V Cheese, Vor Coleslaw

Green Beans

Upside Down Sponge with Custard

TUESDAY

Beef Pasta Bolognese

Vegetarian Pasta Bolognese

Jacket Potato with Tuna Mayo Beans, V Cheese, Vor Coleslaw

> Carrots Peas

WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy

> Macaroni Cheese with Sweetcorn

Jacket Potato with Tuna Mayo Beans, V Cheese, Vor Colesĺaw

> Broccoli Cabbage

Marble Sponge

THURSDAY

BBQ Chicken Pizza

Red Onion & Sweetcorn Pizza

Jacket Potato with Tuna Mayo Beans, V Cheese, Vor Coleslaw

> Fruity Coleslaw Sweetcorn

Jelly & Mandarins

FRIDAY

Battered Fish & Chips



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with Chips

Beans, V Cheese, V or Coleslaw

Baked Beans Peas

Chocolate & Orange Brownie

Week 3

WEEK COMMENCING: 30TH APR/21ST MAY/11TH JUNE/2ND JULY/23RD JULY/17TH SEP/8TH OCT

MONDAY

lacket Potato with Tuna Mayo Beans, V Cheese, Vor Coleslaw

TUESDAY

lacket Potato with Tuna Mayo

Cauliflower

Crumble with Custard

with Roast Potatoes & Gravy

Spicy Beef Pizza

Roasted Vegetables Sweetcorn

Beans, V Cheese, V or Coleslaw V







Cheese & Tomato Pasta

Beans. V Cheese. Vor Coleslaw

WEDNESDAY

Roasted Vegetarian Strips with Roast Potatoes & Gravy

Beans, V Cheese, Vor Coleslaw 🛚

THURSDAY

Red Onion & Sweetcorn Pizza 🗸

Beans, V Cheese, Vor Coleslaw 🛚

Muffin

FRIDAY