Alleek 1 WEEK COMMENCING: 1ST MAY/22ND MAY/19TH JUNE/10TH JULY/4TH SEPT/25TH SEPT/16TH OCT MONDAY WEDNESDAY TUESDAY **THURSDAY** FRIDAY Battered Fish & Chips (19) Casserole with Mash Cheese & Tomato Cheese Salad Wrap **Baked Beans** Mixed Vegetables Golden Crispy Bun Alleek 2 WEEK COMMENCING: 8TH MAY/5TH JUNE/26TH JUNE/17TH JULY/11TH SEPT/2ND OCT MONDAY FRIDAY TUESDAY WEDNESDAY THURSDAY Savoury Mince with Mash & Yorkshire Pudding Roast Chicken Breast Beef or Quorn Chicken Wrap Fish Fingers & Chips with Boiled Potatoes & Gravy Burger in a Bun Spanish Quorn in Tomato Ouorn Chilli with Rice Margherita Pizza Sauce with Potato Wedges with Pasta Jacket Potato Jacket Potato with Jacket Potato with Cheese with Baked Beans Tuna & Sweetcorn Baked Beans & Cheese Tuna & Sweetcorn Cheese & Tomato Sandwich Sandwich Cabbage Baked Beans Mixed Vegetables Peas Peach Sponge lam Shortcake with Custard Pear Sponge with Custard Chocolate Brownie with Ice Cream or Custard Alleek 3 WEEK COMMENCING: 24TH APRIL/15TH MAY/12TH JUNE/3RD JULY/24TH JULY/18TH SEPT MONDAY TUESDAY WEDNESDAY FRIDAY THURSDAY Sticky Chicken Wrap Beef Spaghetti Bolognese (9) Ouorn Mince. Bean Vegetable Chilli with Rice Crushed Potatoes & Rice Wrap Jacket Potato with Cheese & Coleslaw Baked Beans & Cheese Cheese & Tomato Cheese Sandwich Tuna Mayo & Salad Wrap Carrots Mixed Vegetables

The



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.

Orange Muffin

with Chocolate Sauce

lacket Potato - O Sandwich - O



Peaches & Ice Cream