

New Park - Lunch Menu Autumn 2021








Lunch Menu

Week 1 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) A soft wrap with lightly spiced veggies and rice. 	Allegra's Chicken Filo Pie with Mashed Potato Light filo pastry, hearty chicken centre	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 Wedges Crispy Fish Fingers and Wedges
Alternative Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's BBQ Beans (V)  Served with Cornbread	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)  A chunky sweet potato and chickpea roast	Butternut Squash and Tomato Bake with Rice (V) ** A delicious butternut squash and tomato bake served with rice	Quorn Dippers and Wedges (V) Crispy Quorn nuggets with their fav sauce – ketchup
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Pasta	Tomato Pasta ** (V) (Tuesday and Thursday) A delicious fresh, homemade tomato sauce with penne pasta 				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Packed Lunch	Choice of sandwich each day				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
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
Hot Main Dish	Veggie Bolognese ** (V)  Penne pasta in a yummy tomato and Quorn sauce	Allegra's Chicken Katsu ** Served with Wholemeal Rice	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 Wedges Crispy Fish Fingers and Wedges
Alternative Dish	Mild Bean Chilli with Rice **	Allegra's Oodles of Noodles (V)  Veggie Noodles	Creamy Vegetable Pie (V) with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	Mild Chickpea and Potato Curry (V) ** Served with Wholemeal Rice 	Tomato Veggie Burger with Wedges (V) A delicious homemade veggie burger
Pasta	Tomato Pasta ** (V) (Tuesday and Thursday) A delicious fresh, homemade tomato sauce with penne pasta 				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Packed Lunch	Choice of sandwich each day				
Vegetables	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
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
Hot Main Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's Garlicky Chicken and Spanishy Spuds  Garlic seasoned chicken served with potatoes	Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy	Beef Burrito  A soft wrap filled with fresh beef and rice	Golden Fish Fingers and Wedges Crispy Fish Fingers and Wedges
Alternative Dish	Veggie Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and rich gravy	Allegra's Cheesy Peasy Risotto Bake (V) A delicious cheesy risotto	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy (V)  A chunky Butternut Squash and potato slice	Veggie Balls In Tomato Sauce with Pasta** (V)	Veggie Taco  With Wedges
Pasta	Tomato Pasta ** (V) (Tuesday and Thursday) A delicious fresh, homemade tomato sauce with penne pasta 				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Packed Lunch	Choice of sandwich each day				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					