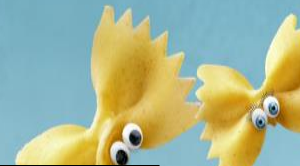


Primary Lunch Menu Autumn 2021 Willow Dene



Lunch Menu

Week 1 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) A soft wrap filled 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 Meatballs in Tomato Sauce** With Pasta	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	The Incredible Burger with Potato Wedges (V)	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 Chips (V) Crispy Quorn nuggets with their fav sauce – ketchup
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Green Beans Carrots	Carrots Broccoli	Carrots Cabbage	Broccoli Carrots	Gren Beans Carrots
Desserts	Raspberry Ripple Ice-Cream	Secret Brownie	Banana Cake* *	Berry & Peach Oaty Crumble* with Custard	Lemon Slice

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt Cake and Custard 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 Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Mild Bean Chilli With Rice	Vegetable Lasagne with a Garlic & Herb Bread Wedge** (V)	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 Chips (V) A delicious homemade veggie burger
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Green Beans Carrots	Carrots Broccoli	Carrots Cabbage	Green Beans Carrots	Carrots Cabbage
Desserts	Apple and Berry Crumble * with Custard	Orange Shortbread* with Fruit Slices	Banana and Carrot Slice	Fruity Chocolate Brownie	Vanilla Ice-Cream
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt Cake and Custard 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 Chicken 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	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and rich gravy	Veggie Balls In Tomato Sauce with Pasta** (V)	Quorn Roast with Roast Potatoes and Gravy (V) A chunky Butternut Squash and potato slice	Veggie Lasagne served with a bread wedge (V) ** Delicious sheets of pasta layered with veggies and tomato sauce	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Green Beans Carrots	Carrots Broccoli	Carrots Cabbage	Green Beans Broccoli	Carrots Cabbage
Desserts	Orange Shortbread* with Fruit Slices	Pineapple and Peach Crumble * with Custard	Lemon Drizzle Cake	Carrot Cake with Citrus Frosting	Creamy Peach Rice Pudding

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

