	HOT SPECIALS	DAILY FAVES	WEEK 3	W/C: 13/09 04/10 15/11 06/12 17/01 07/02 28/02 21/03	
MONDAY	IDT OF LOIALO Macaroni Cheese Cheesey Macaroni Pasta Veggie Sausage and Mash with Gravy Fluffy mash with veggie sausages and rich gravy	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Tresh, homemade tomato and basil sauce with penne pasta	SIDES Peas and Carrots	PICK A PUD! Oatie Biscuit with Fruit Slices	Food Supper Supper Gleroes Menu
TUESDAY	Allegra's Garlicky Chicken and Spanishy Spuds & Garlic seasoned chicken served with spanish style potatoes Allegra's Cheesy Peasy Risotto Bake A delicious baked cheesy, pea rissoto	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Broccoli	Apple and Carrot Yoghurt Muffin Õ	YOUR FAVOURITES available every day
WEDNESDAY	Roast Pork with Roast Potatoes & Gravy Roast pork with fluffy roasties and tasty gravy Meat-free Roast with Roast Potatoes and Gravy V Delicious Quorn roast with fluffy roasties and tasty gravy	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Strawberry Ice Cream	
THURSDAY	Cornish Steak Pasty with Potato Wedges Steak pasty with potato wedges Veggie Lasagne served with a Bread Wedge V	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta V V Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Chocolate Sponge Cake	
FRIDAY	Southern Fried Chicken Tasters with Chips Lightly seasoned crispy chicken strips and scrummy chips Soft Taco and Chips V A soft taco shell filled with a yummy veggie tomato chilli	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Crispy Snow Bar	£2.34 THREE WEEK MENU AUTUMN/WINTER 21
	Local Office: 01872 540544 or dia	una.thomas@compass-gro	oup.co.uk	Chartwells	TRY SOMETHING DIFFERENT - NEW TASTES & FLAVOURS! I'm here to Takeover your Tuesdays! My dishes contain new tastes and flavours to encourage your little ones to try something new. I hope they love them as much as I do! Allegra McEvedy, Presenter of CBBC's Step Up to the Plate and Junior Bake Off.

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A STATE	HOT SPECIALS	DAILY FAVES	WFFK	W/C: 20/09 11/10 01/11 22/11 13/12 03/01 24/01 14/02 07/03 28/03		HOT SPECIALS	DAILY FAVES	WEEK 2	N/C: 06/09 27/09 18/10 18/11 29/11 10/01 31/01 14/03 04/04
MONDAY	Burrito V V A soft wrap filled with lightly spiced veggies and rice Macaroni Cheese V Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	SIDES Green Beans and Sweetcorn	PICK A PUD! Raspberry Ripple Ice Cream	MONDAY	Veggie Bolognese V Veggie Bolognese V Veggie Bolognese V Vegeta in a yummy tomato and Quorn sauce Cheese and Tomato Pizza vith Dough Balls V Vegeta Silce	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	SIDES Green Beans and Sweetcorn	PICK A PUD! Flapjack with Fruit Slices
TUESDAY	Allegra's Chicken Filo Pie with Mashed Potato A delicious light filo pastry topped chicken pie Allegra's BBQ Beans served with Cornbread V V Tasty BBQ beans served with Cornbread	Jacket Potatoes with salmon mayonnaise Tomato Pasta Tresh, homemade tomato and basil sauce with penne pasta	Peas and Broccoli	Brownie	TUESDAY	Allegra's Chicken Katsu with a Rice Side Yummy crispy Chicken Katsu with rice Allegra's Oodles of Noodles W Delicious noodles with tofu and veggies	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Tresh, homemade tomato and basil sauce with penne pasta	Broccoli and Peas	Peach Shortbread Pudding & Custard 🍎
WEDNESDAY	Roast Chicken with Roast Potatoes & Gravy Succulent roast chicken with fluffy roasties and tasty gravy Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy V & A chunky sweet potato and chickpea roast	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta (* * * Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Shortbread Biscuit with Fresh Cut Fruit Slices 🍏	WEDNESDAY	Roast Turkey with Roast Potatoes & Gravy Roast turkey with fluffy roasties and tasty gravy Creamy Vegetable Pie with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta (*) Fresh, homemade tomato and basil sauce with penne pasta	Cabbage and Carrots	Raspberry Yoghurt Cake
THURSDAY	Pasta Bolognese & A classic Italian beef bolognese in a yummy tomato sauce Butternut Squash and Tomato Bake with Rice A delicious butternut squash and tomato bake served with rice	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Sweetcorn	Berry & Peach Oaty Crumble with Custard Õ	THURSDAY	Cottage Pie 🏶 Home cooked minced beef with a crispy potato topping Mild Chickpea and Potato Curry 🕐 🏶 🔗 served with Wholemeal Rice	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Fruity Chocolate Brownie
FRIDAY	Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips Quorn Dippers and Chips Crispy Quorn Nuggets with their fav sauce - Ketchup	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Orange, Sultana & Cake Slice	FRIDAY	Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips Tomato Veggie Burger with Chips ♥ A delicious homemade veggie burger	Jacket Potatoes A choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Peas and Baked Beans	Vanilla Ice- Cream
						<ul> <li>Vegetarian in Oily fish</li> <li>Wholegrain in Fruity!</li> <li>Nutritionist's Choice</li> </ul>	Water, salad, bread and fruit	Availal every d	

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