

WEEK 3

W/C: 11/11, 02/12, 06/01, 27/01, 24/02, 17/03

MONDAY

Cheese and Tomato Pizza
Served with Pesto Pasta

Chicken Sausages
Served with Mashed Potato and Gravy

Roast Beef
Served with Roast Potatoes and Gravy

Chicken and Vegetable Korma
Served with Wholegrain Rice

Fish Fingers
Served with Chips

TUESDAY

BBQ Quorn Fillet
Served with Wholegrain Rice

Quorn Sausages
Served with Mashed Potato and Gravy

Roasted Vegetable and Cranberry Slice
Served with Roast Potatoes and Gravy

Tomato and Sweetcorn Pasta

Veggie Fingers
Served with Chips

HOT SPECIALS

JACKET POTATO

Jacket Potatoes
with a choice of hot and cold fillings

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with a choice of hot and cold fillings

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Tomato Pasta Fresh, homemade tomato sauce with paine pasta

All main meals are served with two vegetables

DESSERT

Fruity Flapjack Bar

Bread and Butter Pudding with Custard

Sicilian Lemon Cookie with Fruit

Jam and Coconut Sponge with Custard

Vanilla Ice Cream

PACKED LUNCH AVAILABLE

Filled sandwiches available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian
 Oily Fish
 Wholegrain
 Fruity!
 Nutritionist's Choice
 Halal Available