



Week 3

Main

Vegetarian

Carbs

Vegetables

Pudding



Monday

Spaghetti Bolognese

Quorn mince bol or mixed veg in tomato sauce

Garlic Bread & Pasta

Large mixed salad

Iced Strawberry Yoqhurt

Tuesday

Homemade Chicken Tikka

Vegetable Samosa

Rice or Tomato Bread

Veg Green beans

Apricot Flapjack

Wednesday

Braised Steak

Omlette

Roast Potatoes

Carrots and Broccoli

Chocolate & Mandarin Cake Bar

Thursday

Meat, Veg & Potato Pie

Cheesy Whirls

Mash or Wholemeal Crusty Bread

Sweetcorn

Raspberry Buns

Friday

Tuna Pizza

Cheese Pizza

Chipped Potatoes

Mixed Veg

Vanilla Biscuit



Jugs of Water, Yoghurts Daily



Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. The following fillings are served as a daily special:

- Homemade Coleslaw
- Baked Beans
- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

Sandwiches available on a selection of breads with salad accompaniment. Serve the following fillings every day, plus the daily special: • Egg Mayonnaise • Tuna Mayonnaise • Cheddar Cheese • Hummus • Cheese & Bean Pitta

Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

- Couscous
- Potato salad
- coleslaw rice salad
- pasta salad