



Week 4

Main

Vegetarian

Carbs

Vegetables

Pudding



Monday

Lasagne

Layered Veg
Lasagne

Italian
Flat Bread

Mixed Veg

Artic Roll

Tuesday

Southern Fried
Baked Chicken

Southern Fried
Baked Quorn
Fillets

Rice & Plain
Cornbread

Sweetcorn

Carrot
Cake

Wednesday

Roast
Chicken

Vegetable
Ravioli

Roast
Potato

Carrots
or mashed
Carrots & Swede

Apple Sponge
&
Custard

Thursday

Lincoln
Sausages

Quorn
Sausages

Mash

Beans

Shortbread

Friday

Fish finger
Wraps

Cheese or Chicken
Wrap

Sautèd
Potatoes

Large mixed
Salad

Oat
Cookie



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