

Week Three Menu

Served weeks commencing:

15/09, 6/10



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Ham Cheese and Tomato Pizza Served with Diced Potatoes and Seasonal Vegetables	Chicken Wrap Served with Rice and Seasonal Vegetables	Roast Chicken Served with Roast Potatoes, Seasonal Vegetables and Gravy	Sausage and Tomato Pasta Served with Seasonal Vegetables	Fish Fingers Served with Chips Beans, Peas and Tomato Ketchup
VEGETARIAN	Cheese and Tomato pizza served with Diced Potatoes and seasonal veg	Quorn Stir Fry Served with Rice and Seasonal Vegetables	Roast Quorn Fillet Served with Roast Potatoes, Seasonal Vegetables and Gravy	Cheese and Bean Puff Served with Potato Wedges and Seasonal Vegetables	Vegetable Nuggets Served with Chips, Beans, Peas and Tomato Ketchup
JACKET/PASTA	Pasta with Tomato and Basil Sauce	Jacket Potato with a choice of Baked Beans or Cheese	Pasta with Tomato and Basil Sauce	Jacket Potato with a choice of Baked Beans or Cheese	Pasta with Tomato and Basil Sauce
SANDWICH	Wraps with a choice of filling: Ham/Cheese /Tuna Mayonnaise	Sandwiches with a choice of filling: Ham/Cheese /Tuna Mayonnaise	Sandwiches with a choice of filling: Ham/Cheese /Tuna Mayonnaise	Sandwiches with a choice of filling: Ham/Cheese /Tuna Mayonnaise	Sandwiches with a choice of filling: Ham/Cheese /Tuna Mayonnaise
DESSERTS	Chocolate Sponge Served with Custard	Oaty Cinnamon Cookie	Banana Muffin	Strawberry Angel Delight	Fruity Friday

AVAILABLE DAILY:

Choice of Freshly Baked Wholemeal Bread, Fresh Salad Bar, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit, Fruit Yoghurt and Fruit Jelly.

