



Week 3

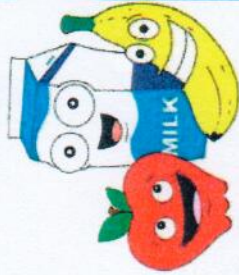
Main

Vegetarian

Carbs

Vegetables

Pudding



Milk & sultanas

Served Daily

Monday

Spaghetti Bolognese

Quorn mince bol or mixed veg in tomato sauce

Garlic Bread & Pasta

Large mixed salad Garden Peas

Iced Strawberry Yooghurt

Tuesday

Chicken & Leak Supreme

Mediterranean Vegetable Risotto

Rice or Tomato Bread

Veg Green beans

Apricot Flapjack

Wednesday

Braised Steak

Quorn Roast

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

Noodles

Mixed Veg

Vanilla Biscuit

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

Jugs of Water, Yoghurts & Fresh Fruit Daily

