



Week 4

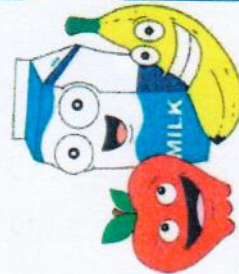
Main

Vegetarian

Carbs

Vegetables

Pudding

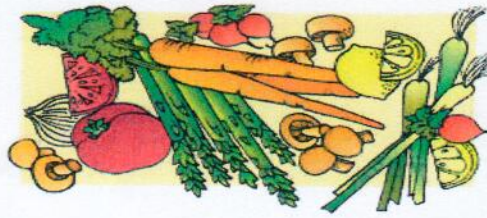


Milk & Sultanas

Served Daily



Jugs of Water, Yoghurts & Fresh Fruit Daily



Friday

Fish finger Wraps

Frittata

Sautéed Potatoes

Large mixed Salad

Oat Cookie

Thursday

Lasagne

Layered Veg Lasagne

Italian Flat Bread

Mixed Vegetables

Artic Roll

Wednesday

Roast Chicken

Veg Hotpot

Roast Potato

Carrots or mashed Carrots & Swede

Apple Sponge & Custard

Tuesday

Southern Fried Baked Chicken

Southern Fried Baked Quorn Fillets

Rice & Plain Cornbread

Sweetcorn

Scones with Jam & Fresh Cream

Monday

Lincoln Sausages

Quorn Sausage

Mashed Potatoes

Baked Beans

Carrot Cake

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