



Week 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

MEAT FREE MONDAY

Veg lasagna with garlic bread slices

Chicken curry with sunshine rice and naan bread

ROAST DINNER

Sausage mash and gravy

Chili rice and nachos

FISHY FRIDAY

Flipper dipper fish with chips and tomato sauce

Vegetarian Option

Tomato and basil pasta with garlic bread

Quorn curry with sunshine rice and naan bread

Quorn sausage mash and gravy

Quorn chili rice and nachos

Quorn nuggets and chips with tomato sauce

Vegetable

Green beans

Sweetcorn

Red cabbage

Carrots

Garden Peas

Jacket Potato Choice

Jacket Potato with cheese or Beans,

Jacket potato with cheese beans or tuna

Jacket Potato with cheese or Beans

Jacket potato with cheese beans or tuna

Jacket Potato with cheese or Beans,

Salad and Fruit Bar

Deli Counter and fruit

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Freshly Baked Bread

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Freshly Baked Bread

Dessert

Frozen yoghurts

Banana muffins

Fruit cocktail with jelly

Crackers with selection of sides (raisins, apples, cheese, jam)

Iced fingers