



Week 3 Menu

Served weeks commencing 14th Sept, 5th Oct, 2nd Nov, 23rd Nov, 14th Nov, 4th Jan, 25th Jan

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Cheese & Tomato Pinwheel with Potato Wedges	Beef Burger in a Bun	Roast Chicken with Gravy	Chicken Tikka Masala with Fluffy Rice	Fish Fingers or Salmon Fish Fingers & Tomato Ketchup
Vegetarian	Chinese Style Egg Rice (v)	Plant Burger in a Bun (Vg)	Classic Mince & Onion Pie (v)	Pasta with Quorn Sausage in a Tomato Sauce (Vg)	Margharita Pizza (v)
Sides	Seasonal Vegetables (Vg)	Potato Wedges, Seasonal Vegetables (Vg)	Roast Potatoes, Seasonal Vegetables (Vg)	Seasonal Vegetables (Vg)	Oven Chips, Garden Peas, Baked Beans (Vg)
Jacket Potato / Sandwiches	Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich Or Jacket Potato topped with either Baked Beans, Cheese or Tuna Mayo	Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich Or Jacket Potato topped with either Baked Beans, Cheese or Tuna Mayo	Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich Or Jacket Potato topped with either Baked Beans, Cheese or Tuna Mayo	Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich Or Jacket Potato topped with either Baked Beans, Cheese or Tuna Mayo	Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich Or Jacket Potato topped with either Baked Beans, Cheese or Tuna Mayo
Desserts	Shortbread (Vg)	Chocolate Brownie (V)	Pineapple Upside Down Cake (v)	Dutch Apple Pie with Custard (V)	Famous Fruity Friday

AVAILABLE DAILY:

Pasta with Tomato and Basil Sauce
Choice of Freshly Baked Bread, Salad Bar, Fresh Fruit, Fruit Yoghurt, Jelly and Water.