

LUNCH MENU week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni Cheese	Spaghetti Bolognese with Garlic Bread	Roast Turkey with New Potatoes, Yorkshire Pudding and Gravy	Chicken Curry with Rice	Fish Fingers with Chips
Vegetarian Sausage with Mashed Potatoes and Gravy	Cheese and Broccoli Quiche with Salad and Coleslaw	Quorn Roast with Mashed Potatoes, Yorkshire Pudding and Gravy	Vegetable Lasagne	Mexican Tacos with Chips
Jacket Potato with Cheese and Tomatoes	Pasta Carbonara	Jacket Potato with Salmon and Mayo	Tomato Pasta	Jacket Potato with Baked Beans
Freshly-made Sandwiches, Rolls & Wraps				
Fresh Salads including Lettuce, Cucumber, Tomato, Grated Carrot and Sweetcorn				
Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Mixed Vegetables Sweetcorn	Baked Beans Peas
Oat Biscuit and Fruit Slices	Pear Upside Down Cake with Custard	Strawberry Ice Cream	Jam Sponge Cake with Custard	Banana and Apricot Flapjack with Custard

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily



Vegetarian



Nutritionists Choice



Fruit Based



Wholegrain



Oily Fish

