

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH HALAH	Pizza served with wedges	Spaghetti bolognaise served with garlic bread	Roast chicken served with sage & onion stuffing mash potato	Fish of the day served with chips & ketchup	Sweet & sour chicken served with wholemeal rice
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VEGETARIAN MAIN DISH	Pizza served with wedges	Vegetarian pasta bake served with garlic bread	Quorn fillet served with sage & onion stuffing mash potato	Vegetarian meatballs in tomato sauce served with chips	Vegetarian sweet & sour served with wholemeal rice
JACKET POTATOES	Jacket potato with tuna, beans, or cheese	Jacket potato with tuna, beans, or cheese	Jacket potato with tuna, beans, or cheese	Jacket potato with tuna, beans, or cheese	Jacket potato with tuna, beans, or cheese
SANDWICH SELECTION	Selection of fillings	Selection of fillings	Selection of fillings	Selection of fillings	Selection of fillings
ACCOMPIMENTS	Seasonal vegetables Fresh salad Fresh bread	Seasonal vegetables Fresh salad Fresh bread	Seasonal vegetables Fresh salad Fresh bread	Seasonal vegetables Fresh salad Fresh bread	Seasonal vegetables Fresh salad Fresh bread
DESSERTS	Crunchy oat & apple squares Fresh fruit Yogurt	Assorted muffins Fresh fruit Yogurt	Fruity oat bar Fresh fruit Yogurt	Fruit in jelly Fresh fruit Yogurt	Shortbread biscuits with mandarins Fresh fruit Yogurt



MENU



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION