

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY FAVOURITES...

Packed Lunch

Jacket Potato
with a choice of fillings (V)

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Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

HOT SPECIALS...

Cheese and Tomato Pizza with Dough Balls (V) (W)

Cheesy tomato topped pizza slice

Chinese Veggie Noodles with Stir Fried Vegetables (V)

Fragrant egg noodles with stir fried vegetables

Sausage and Mash with Gravy

Fluffy mashed potato with pork sausages and rich gravy

Quorn Bolognese (V) (W)

Penne pasta in a yummy tomato and Quorn sauce

Roast Chicken with Roast Potatoes and Gravy

Moist roast chicken with fluffy roasties and tasty gravy

Roast Quorn with Roast Potatoes and Gravy (V)

A traditional Quorn roast with fluffy roasties and tasty gravy

Favourite Beef Lasagne (W) with a Garlic & Herb Bread Wedge

A classic Italian beef lasagne baked in a creamy cheese sauce

Mild Bean Chilli with a Rice side (V) (W)

Super yummy mildly spiced vegetable chilli

Golden Fish Fingers and Chips

Crispy Fish Fingers and scrummy chips

The Incredible Burger (V) and Chips

A delicious Southern style vegetable burger and scrummy chips

Available every day!

Cool water Salad

Freshly baked bread
Yoghurt and milk
Fresh fruit

SIDES...

Sweetcorn and Fresh Broccoli

Peas and Fresh Carrots

Fresh Carrots and Fresh Cabbage

Sweetcorn and Fresh Broccoli

Baked Beans
Fresh Carrots and Peas

PICK A PUD!

Raspberry Yoghurt Cake with Fruit Slices

Shortbread with Custard and Fruit Slices

Flapjack with Fruit Slices

Chocolate Brownie and Chopped Apricots

Vanilla Ice Cream with Fruit Slices

PACKED LUNCH...

Ham or Cheese Sandwich or Baguette or Daily Special Wrap with Veg Sticks and Fresh Fruit or Dessert of the Day

WEEKS COMMENCING;
02/11, 29/11, 14/12,
18/01, 08/02, 08/03, 29/03

Look out for these symbols for our super healthy dishes: (V) Vegetarian (F) Fruity! (W) Wholegrain (F) Oily fish

Allergy? Speak to our kitchen for help

