

WEEK 3

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza 	Pork Sausages Served with Mashed Potato and Gravy	Roast Beef Served with Roast Potatoes and Gravy	Chicken Tikka Masala   Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
JACKET POTATO	BBQ Quorn Fillet    Served with Wholegrain Rice	Quorn Sausages  Served with Mashed Potato and Gravy	Vegetarian Cottage Pie   Served with Gravy	Vegetarian Lasagne   Served with Garlic and Herb Bread	Cheese and Sweetcorn Omelette  Served with Chips
	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings	Jacket Potatoes   with a choice of hot and cold fillings
	Tomato Pasta Fresh, homemade tomato sauce with penne pasta  				
	All main meals are served with two vegetables				
DESSERT	Chocolate Beet Brownie with Orange Slices 	Bread and Butter Pudding with Custard	Sicilian Lemon Cookie with Fruit 	Jam and Coconut Sponge with Custard	Vanilla Ice Cream

PACKED LUNCH AVAILABLE
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice  Halal Available