


WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Chicken Pizza With Potatoes wedges	Chicken Tikka Masala served with Rice	Beef Spaghetti Bolognaise with Garlic Bread	Roast Cajun Chicken with Yorkshire Pudding Roast Potatoes	Salmon Fishcake Battered Fish With Chips
VEGETARIAN MAIN DISH	Tomato and Vegetable Pizza's With Potatoes wedges 	Vegetarian Chilli served with Rice 	Spicy Vegetable and Bean Biryani served with Wholemeal Pitta	Quorn Roast With Yorkshires Pudding & Roast potatoes 	Cheese Roll served with Chips
ACCOMPANIMENTS 	Peas & Sweetcorn Salad bar	Green Beans Baton Carrots Salad Bar	Cauliflower Broccoli Salad Bar	Swede & Cabbage Salad Bar	Mushy Peas Baked Beans Chips Salad Bar
DESSERTS	Iced Fruit Sponge 	Flapjack	Chocolate Cake with Chocolate Sauce	Fruit Jelly 	Oat Fruit Biscuit
FRESH FRUIT & YOGHURT 	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket Potato and Sandwich Selection	Jacket Potato and Sandwich Selection	Jacket Potato and Sandwich Selection	Jacket Potato and Sandwich Selection	Jacket Potato and Sandwich Selection



MENU



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION