

# Weekly Menu

WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL CHOICE</b>	Mexican Vegetarian Chilli served with Wholegrain Rice	Oven Baked Savoury Minced Lamb and Vegetable Pie	BBQ chicken and cheese pasta melt	Spicy Chicken Curry served with Boiled Rice	Deep Fried Fish Served with Tartare Sauce
<b>MAIN MEAL CHOICE</b>	Bangers and creamy mash with onion gravy Filled Jacket Potatoes	Chinese Style Quorn and Vegetable Stir Fry on a bed of Rice Filled Jacket Potatoes	Savoury Mexican Style Vegetarian Quesadillas Filled Jacket Potatoes	An Assortment of Crispy French Bread Pizzas Filled Jacket Potatoes	A Selection of Fresh Oven Baked Quiche Slices Filled Jacket Potatoes
<b>VEGETABLES AND POTATOES</b>	Jacket Wedges Sweetcorn Baked Beans Mixed Garden Salad	New Potatoes Carrots and Peas Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Spring Kale Diced Carrots Baked Beans Mixed Garden Salad	New Potatoes Sweetcorn Broccoli Florets Baked beans Mixed Garden Salad	Chipped Potatoes Baked Beans Mushy Peas Mixed Garden Salad
<b>AVAILABLE DAILY</b>	Daily Snack Choice Sandwiches, Rolls Wraps Fresh Salads Hot and Cold Drinks	Daily Snack Choice Sandwiches, Rolls Wraps Fresh Salads Hot and Cold Drinks	Daily Snack Choice Sandwiches, Rolls Wraps Fresh Salads Hot and Cold Drinks	Daily Snack Choice Sandwiches, Rolls Wraps Fresh Salads Hot and Cold Drinks	Daily Snack Choice Sandwiches, Rolls Wraps Fresh Salads Hot and Cold Drinks
	Hot Sweet of the Day Fresh Fruit bags	Hot Sweet of the Day Fresh Fruit bags	Hot Sweet of the Day Fresh Fruit bags	Hot Sweet of the Day Fresh Fruit bags	Hot Sweet of the Day Fresh Fruit bags

Available Daily: Assorted Filled Jackets, Various Filled Sandwiches, Rolls and Wraps, Fresh Salads, Snack choice, Cold Desserts and Tray Bakes

