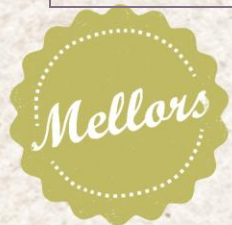


WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Spaghetti bolognese with garlic bread	Pork casserole & dumpling with mashed potato	Roast chicken & Yorkshire pudding with roast potatoes	Ham pizza with 50/50 rice	Salmon or cod fish cake with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian chilli & 50/50 rice	Cheese & tomato quiche with boiled potatoes	Quorn fillet & Yorkshire pudding with roast potatoes	Tomato & basil pasta with crusty bread	Quorn dippers & chips
<b>ACCOMPANIMENTS</b>	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Oaty biscuit	Homemade flapjack	Eves pudding & custard	Fruit in jelly	Banana muffin
<b>FRESH FRUIT &amp; YOGHURT</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
<b>JACKET POTATO &amp; FILLING SANDWICH SELECTION</b>	Jacket potato with beans, cheese & tuna Ham, cheese, tuna, egg	Jacket potato with beans, cheese & tuna Ham, cheese, tuna, egg	Jacket potato with beans, cheese & tuna Ham, cheese, tuna, egg	Jacket potato with beans, cheese & tuna Ham, cheese, tuna, egg	Jacket potato with beans, cheese & tuna Ham, cheese, tuna, egg



# MENU



Quench your thirst with  
free fresh drinking water  
available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION





# MENU



Quench your thirst with  
free fresh drinking water  
available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION