

W/C 23.04.18, 14.05.18, 04.06.18, 25.06.18,
16.07.18, 03.09.18, 24.09.18, 15.10.18

Week Three

There is a vegetarian choice **every day...** and don't forget that salad is available **daily**



If you don't fancy dessert enjoy fresh fruit or yoghurt



Monday

Choose a main meal...

- Salmon or Cod Fish Fingers & Chips
- Veggie Fajita & Chips
- Sandwich Option
- Jacket Potato Option



- on the side...**
- Coleslaw
 - Peas

- for dessert...**
- Strawberry Cheesecake
 - Or
 - Fruit Salad

Tuesday

Choose a main meal...

- Creamy Chicken Curry with Rice
- Quorn Pasta bake
- Sandwich Option
- Jacket Potato Option



- on the side...**
- Broccoli
 - Carrots

- for dessert...**
- Peach Crumble* & Custard
 - Or
 - Whole Fruit



Wednesday

Choose a main meal...

- Roast Pork with Bud's Crispy spuds
- Country Veg Pie with Crispy Spuds
- Sandwich Option
- Jacket Potato Option



- on the side...**
- Seasonal Cabbage
 - Sweetcorn

- for dessert...**
- Wedges of Pear, Apple & Orange
 - Or
 - Fruit Salad

Thursday

Choose a main meal...

- Pasta Bolognaise
- Mild Vegetable Curry & Rice
- Sandwich Option
- Jacket Potato Option



- on the side...**
- Green Beans
 - Roasted Veg

- for dessert...**
- Chocolate Gingerbread Bite
 - Or
 - Whole Fruit

Friday

Choose a main meal...

- Cheesy Pizza & Wedges
- Veggie Lasagne & Wedges
- Sandwich Option
- Jacket Potato Option



- on the side...**
- Baked Beans
 - Peas

- for dessert...**
- Strawberry Ice Cream
 - Or
 - Fruit Salad

Keep yourself topped up with water
– it will help you concentrate **all day long**

Salad Bar, Freshly Baked Bread, Fruit and Fresh Water available daily.
50% Fruit Based Desert