

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