

# Week Three Menu

Served weeks commencing:



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Fish Fingers Served with diced potato, Beans, Peas & Tomato Ketchup	Cottage Pie Served with Broccoli & Sweetcorn	Roast Chicken Served with Roast Potatoes, Green Beans, Carrots & Gravy	Sausage Pasta in a Tomato & Basil Sauce with Cauliflower & Sweetcorn	Fish Fingers Served with Chips Beans, Peas & Tomato Ketchup
VEGETARIAN	Vegetable Nuggets Served with Diced Potato, Beans & Peas	Veggie Mince Cottage Pie Served with Broccoli & Sweetcorn	Roast Quorn Fillet with Roast Potatoes, Green Beans, Carrots & Gravy	Roasted Vegetable Frittata Served with Cauliflower & Sweetcorn	Cheese & Tomato Pizza served with Chips Beans, peas & Tomato ketchup
JACKET POTATO / PASTA DISH	Pasta with Tomato & Basil or Cheese Sauce Jacket Potato with Tuna Mayonnaise/ Cheese/ Baked	Pasta with Tomato & Basil or Cheese Sauce Jacket Potato with Tuna Mayonnaise/ Cheese/ Baked	Pasta with Tomato & Basil or Cheese Sauce Jacket Potato with Tuna Mayonnaise/ Cheese/ Baked	Pasta with Tomato & Basil or Cheese Sauce Jacket Potato with Tuna Mayonnaise/ Cheese/ Baked	Pasta with Tomato & Basil or Cheese Sauce Jacket Potato with Tuna Mayonnaise/ Cheese/ Baked
SANDWICH	Sandwich with your choice of filling Ham / Cheese / Tuna Mayonnaise	Sandwich with your choice of filling Ham / Cheese / Tuna Mayonnaise	Baguette with your choice of filling Ham / Cheese / Tuna Mayonnaise	Sandwich with your choice of filling Ham / Cheese / Tuna Mayonnaise	Baguette with your choice of filling Ham / Cheese / Tuna Mayonnaise
DESSERTS	Chocolate Sponge & Custard	Oaty Cinnamon Cookie	Banana Muffin	Chocolate Orange Shortbread & Apple slices	Fruity Friday

## AVAILABLE DAILY:

Wholemeal Bread, Fresh Salad Bar, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit, Fruit Yoghurt and Fruit Jelly.

