







Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Quorn burger with wedges and salad 	Mince and onion pie with new potatoes	Roast of the day with roast potatoes and gravy	Chicken curry with rice and naan bread	Fish of the day with chips
<b>Vegetarian Main Dish</b>	Vegetable pasta bake with garlic bread	Quorn chilli with 50/50 rice	Quorn roast with roast potatoes and gravy	Vegetable stir fry with noodles	Vegetable nuggets
<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>	Flapjack	Jam and coconut sponge cake	Ginger biscuit	Fruit and jelly	Ice cream
<b>Fresh Yoghurt or Fruit</b> 	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt 	Fresh fruit or yoghurt
<b>Jacket potato</b>	Cheese	Tuna	Beans	Tuna	Cheese and Beans



# MENU



Quench your thirst with  
free fresh drinking water  
available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE