

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	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
Vegetarian Main Dish	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
Accompaniments 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
Desserts	Flapjack	Jam and coconut sponge cake	Ginger biscuit	Fruit and jelly	Ice cream
Fresh Yoghurt or Fruit 	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt 	Fresh fruit or yoghurt
Jacket potato	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