



Week 3

Weeks commencing 21/9, 12/10, 9/11, 30/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Meal	BBQ Chicken Leg	Beef Bolognaise	Roast Turkey	Chicken Wings	Spicy Fish
Main Vegetarian Meal	Sweet & Sour Vegetables	Quorn Bolognaise	Jacket Potato with Cheese & Beans	Spicy Bean Burger	Roasted Vegetable Quiche
Sides	Curry Rice	Spaghetti	Roast Potatoes	Potato wedges	Chips
Vegetables	Carrots Broccoli	Green Beans Sweetcorn	Cauliflower Mixed Vegetables	Baked beans	Peas Beans
Dessert	Cupcake	Cookies	Ice cream	Lemon muffin	Yogurt

A selection of sandwiches, fresh salad bar, fresh fruit and water are available daily