

WEEK 3 LUNCH MENU

MEAT FREE MONDAY

Cheese & Tomato quiche with new potatoes, coleslaw & salad

OR

Jacket potato with beans or cheese, coleslaw & salad

Rice pudding with Mango

Fresh fruit

TUESDAY

Chicken burrito OR Veggie bean burrito, with coleslaw & salad

OR

Jacket potato with beans, cheese, or tuna mayo, coleslaw & salad

Apple & Sultana flapjack

Fresh fruit

ROAST WEDNESDAY

Pork sausage OR Veggie sausage with Yorkshire pudding, roast potatoes, seasonal vegetables & gravy

OR

Wholemeal wrap with ham, cheese or tuna mayo, coleslaw & salad

Homemade cake

Fresh fruit

THURSDAY

Spaghetti Bolognese or Quorn Spaghetti Bolognese with garlic bread & salad

OR

Jacket potato with beans, cheese, or tuna mayo, coleslaw & salad

Peach yoghurt with peach slices

Fresh fruit

FISHY FRIDAY

Battered Fish OR Battered Quorn fillet with chips & peas or beans

OR

Wholemeal wrap with ham, cheese or tuna mayo, coleslaw & salad

Vanilla Ice cream

Fresh fruit

*PLEASE NOTE WE HIDE PLENTY OF FRUIT AND VEGETABLES IN OUR DISHES AND SAUCES AND USE LOW FAT, LOW SUGAR AND WHOLEMEAL ALTERNATIVES AS MUCH AS WE POSSIBLY CAN!