

Week 3 – Weeks commencing 21/01/19 & 11/02/19

Choices	Monday	Tuesday	Wednesday	Thursday	Friday
Main course one	Pasta in a Tomato & Herb Sauce	Italian Style Shepherd's Pie (GF)	Roast chicken and Stuffing	Beef burger in a Bap	Jumbo Fish Fingers
Vegetarian dishes	Quorn Cottage Pie (GF)	Roasted Vegetable Plait	Onion, Roasted Pepper Risotto	Quorn Burgers	Vegetable Stir Fry with Egg Noodles (GF)
Vegetable choice	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Seasonal Salad	Mushy peas Peas
Appropriate choice of potato, rice or noodles	Mashed Potato to accompany Quorn Cottage Pie	New Potatoes	Roast Potatoes	Oven Baked Wedges	Chips Curry Sauce
Dessert	Fresh Fruit Salad	Fruit Flapjack	Apple Cake and custard	Chocolate Sponge & Chocolate Sauce	Ice Cream & Fruit Sauce
Jacket potato choice	Beans, cheese and Tuna	Beans, cheese and Tuna	Beans, cheese and Tuna	Beans, cheese and Tuna	Beans, cheese and Tuna
Salad Bar	Available	Available	Available	Available	Available

(GF) Gluten Free