











WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Sausage pasta bake	Chicken and leek pie with mashed potato 	Roast pork with gravy, apple sauce and roast potatoes	Chicken tikka masala with brown rice	Fish of the day with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetable stir fry with noodles 	Sweet potato and vegetable hot pot 	Cauliflower and broccoli bake with roast potatoes 	Spicy vegetable and bean pittas with brown rice 	BBQ bean burger with chips
<b>ACCOMPANIMENT</b> 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Plum yoghurt cake	Courgette and apple muffin 	Bananas and custard	Fruit in jelly	Shortbread biscuits and mandarins
<b>FRESH FRUIT &amp; YOGHURT</b> 	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# MENU



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION