

[WEEKLY MENU]



Week 3

Weeks Commencing:

Monday 18th Sept - Monday 9th Oct - Monday 30th Oct - Monday 20th Nov - Monday 11th Dec



Main Dish of the Day

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken Breast with a Tomato Basil Sauce	Mild Chilli Con Carne	Roast Honey Glazed Sticky Chicken and Roast Gravy	Beef & Vegetable Stew	Pan Fried Fish Fillet & Tomato Sauce
Vegetarian Dish of the Day	Vegetable & Lentil Gluten Free Pasta	Quorn Chilli Con Carne	Vegetarian Sausage & Roast Gravy	Jacket Potato with Beans & Cheese	Spanish Omelette
Vegetable Choice	Seasoned Wedges, Garden Peas & Sweetcorn	Turmeric Rice, Broccoli & carrots	Roast Potatoes, Green Beans & Curly Kale	Creamy Mash Potatoes, Cauliflower & Carrots	Chipped Potatoes, Baked Beans & Garden Peas
Dessert of the Day	Fruit Salad & Yoghurt	Strawberry Milkshake Fresh Fruit Salad	Stewed Apples with Custard	Creamy Mash Potatoes Cauliflower & Carrot	Ice Cream & Fresh Fruit
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Help Yourself Salad Bar, Gluten Free Bread, Fresh Fruit	Help Yourself Salad Bar, Gluten Free Bread, Fresh Fruit	Help Yourself Salad Bar, Gluten Free Bread, Fresh Fruit	Help Yourself Salad Bar, Gluten Free Bread, Fresh Fruit	Help Yourself Salad Bar, Gluten Free Bread,

