



Week 3

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Main

Mac n Cheese

Baked Pork Sausages with Gravy

Homemade Pepperoni Pizza

Beef Chilli with Nachos'

Salmon Fishcakes

Vegetarian

Vegetable Tikka with Rice & Naan Bread

Vegetable Sausages with Gravy

Falafel on Flat Bread with Chopped Mixed Salad

Quorn Chilli with Nachos'

Vegetable Fingers

Carbs

Garlic Bread

Mashed Potatoes

Potato Wedges

Wholegrain Rice

Chips

Vegetables

Sweetcorn

Peas

Mini Corn on the Cob

Mixed Salad

Peas

Pudding

Banana Cake and Custard

Chocolate Brownie

Yoghurt

Homemade Biscuits

Fruit Muffins

Pasta in Tomato Sauce with Fresh Bread.

Salad bar, Yoghurts and fresh fruits are available along with jugs of water every day.