



WEEK 3

STEP 1

Choose from...

Main

Vegetarian

Combo



STEP 2

...and to finish!



Bread and Salad will be available at Lunch Times

MONDAY

Vegetarian Bolognese

to go with

Tomato Rocket & Onion Salad, Sweet Potato Wedges

Sweet & Sour vegetable StirFry

to go with

Tomato Rocket & Onion Salad, Sweet Potato Wedges

Jacket Potato

with choice of fillings

Grated Cheese, Baked Beans, Tuna Mayo, Cheese & Beans

Mixed Berry Yogurt Delight & Cookie

Fresh Fruit Pot, Cheese and Biscuits, Jelly

TUESDAY

Chicken Tikka Masala

to go with

Rice & Peas, Sweetcorn with red peppers

Jamaican Vegetarian Curry

to go with

Rice & Peas, Sweetcorn with red peppers

Jacket Potato

with choice of fillings

Grated Cheese, Baked Beans, Tuna Mayo, Cheese & Beans

Iced Jamaican Ginger Cake

Fresh Fruit Pot, Cheese and Biscuits, Jelly

WEDNESDAY

Roast Beef & Yorkshire Pudding

to go with

Gravy, Roast Potatoes, Cabbage & Carrots

Cheesy Leek and Potato Pie

to go with

Gravy, Roast Potatoes, Cabbage & Carrots

Jacket Potato

with choice of fillings

Grated Cheese, Baked Beans, Tuna Mayo, Cheese & Beans

Blueberry Blondie

Fresh Fruit Pot, Cheese and Biscuits, Jelly

THURSDAY

Creamy Garlic Chicken Pasta

to go with

Flat Bread, Broccoli, carrots & peas

West African Vegetable Rice

to go with

Flat Bread, Broccoli, carrots & peas

Jacket Potato

with choice of fillings

Grated Cheese, Baked Beans, Tuna Mayo, Cheese & Beans

Jam Doughnuts

Fresh Fruit Pot, Cheese and Biscuits, Jelly

FRIDAY

Southern Fried Chicken Goujons

to go with

Chips, Baked Beans, Peas

Salmon Fish Fingers

to go with

Chips, Baked Beans, Peas

Quorn Vegan Fishless Fingers

to go with

Chips, Baked Beans, Peas

Jacket Potato

with choice of fillings

Grated Cheese, Baked Beans, Tuna Mayo, Cheese & Beans

Secret Brownie

Fresh Fruit Pot, Cheese and Biscuits, Jelly