

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese	BBQ Chicken	Seasoned Chicken Drumstick served on a bed of Rice	Meat or Vegetarian sauce available	Thin Crust Cheese & Tomato pizza
	Steamed rice		Pasta	
		Cheese & onion pasty		
Baked Beans	Steamed rice	Roast Potatoes	Roasted Seasonal vegetables	Healthy Fries
Garden Peas	Sweetcorn	Swede & Carrot		Spaghetti Hoops
	Broccoli Florets	Cabbage		Sweetcorn
Vanilla sponge served with custard	Artic Roll	Mini Muffin	Zesty Citrus sponge served with custard	Flapjack or Chocolate Brownie served with ice cream
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Selection from the salad bar	Selection from the salad bar	Selection from the salad bar	Selection from the salad bar	Selection from the salad bar
Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread
Daily choice of fresh fruit, yogurt	Daily choice of fresh fruit, yogurt	Daily choice of fresh fruit, yogurt	Daily choice of fresh fruit, yogurt	Daily choice of fresh fruit, yogurt

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