

# Your Three Week Menu

Monday

Tuesday



Wednesday



Thursday



Friday



## WEEK ONE

Chicken/Vegetarian Goujons served with Tomato Sauce Potato Wedges and Seasonal Vegetables

Cottage/Veggie Mince Pie and Seasonal Vegetables

Roast Gammon/Quorn Fillet and Pineapple with Roast/Mashed Potatoes Seasonal Vegetables and Gravy

Chicken/Quorn Fried Rice with Curry Sauce and Seasonal Vegetables

Cheese and Tomato Pizza with Chips Garden Peas or Baked Beans

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

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Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad

Chocolate Crunch with a Fruit Wedge

Banana and Butterscotch Pudding with Custard

Flapjack with a Fruit Wedge

Fresh Fruit Platter or Cheese and Crackers

Raspberry Bun with a Fruit Wedge

## WEEK TWO

Beef/Veggie Spaghetti Meatballs with a Tomato and Herb Sauce with Garlic Bread and Seasonal Vegetables

Chicken/Cheese Pie with New Potatoes and Seasonal Vegetables and Gravy

Roast Pork/Quorn Fillet and Apple Sauce with Roast/Mashed Potatoes Seasonal Vegetables and Gravy

Ham, Sweetcorn and Cheese/Vegetarian Pasta Bake with Crusty Bread and Seasonal Vegetables

MSC Fish with Chips Garden Peas or Baked Beans

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad

Chocolate Brownie with a Fruit Wedge

Fruit Flapjack Finger

Lemon Drizzle Cake

Fresh Fruit Platter or Fruit Mousse

Melting Moment with a Fruit Wedge

## WEEK THREE

Chicken/Veggie Burger in a Bun with Tomato Sauce Potato Wedges Baked Beans or Peas

Bacon, Cheese and Tomato/Vegetarian Pasta Bake with Garlic Bread and Seasonal Vegetables

Roast Beef/Quorn Fillet with Yorkshire Pudding with Roast/Mashed Potatoes Seasonal Vegetables and Gravy

Chicken/Quorn Spanish Rice with Crusty Bread and Seasonal Vegetables

Cheese and Tomato Pizza with Chips Garden Peas or Baked Beans

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Filled Jacket Potato with Cheese, Tuna Mayo or Baked Beans Served with Salad

Deli Option with a Choice of 2 Breads and Cheese, Tuna Mayo or Sliced Ham Served with Salad

Chocolate Cookie with a Fruit Wedge

Toffee Apple Sponge with Custard

Fruit Jelly

Fresh Fruit Platter or Cheese and Crackers

Caramel Crispy Cake with a Fruit Wedge

Available every day – Unlimited salad, fresh bread, organic yoghurt, milk and chilled water

For allergen information, please ask one of our Catering Team

