

# WEEK 3

W/C: 01/05, 22/05, 12/06, 03/07, 04/09, 25/09, 16/10

# THREE WEEK MENU

SPRING/SUMMER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🍕 Served with Potato Wedges	<b>Mexican Beef Tortilla Pie</b> 🍲 Served with Wholegrain Rice	<b>Roast Pork Picnic Plate</b> Served with Potato Wedges	<b>Butter Chicken Curry</b> 🍛 Served with Wholegrain Rice	<b>Southern Fried Chicken</b> Served with Chips
JACKET POTATO	<b>Vegetarian Bolognese</b> 🍝 Served with Wholemeal Pasta	<b>Mexican Vegetarian Tortilla Pie</b> 🍲 Served with Wholegrain Rice	<b>Cheesy Ploughman's Picnic Plate</b> 🍷 Served with Bread	<b>Macaroni Cheese</b> 🍝	<b>Tomato Vegetable Burger</b> 🍔 Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> 🥔 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🥔 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🥔 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🥔 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🥔 with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🍷 🍅					
All main meals are served with two vegetables					
DESSERT	<b>Mango Frozen Yoghurt</b> 🍌	<b>Berry Flapjack with Fruit</b> 🍓	<b>Chocolate Brownie with Fruit</b> 🍫	<b>Pineapple Upside Down Cake with Custard</b> 🍍	<b>Chocolate Milkshake and Shortbread</b> 🍫

**PACKED LUNCH AVAILABLE**  
 Ham, Cheese or Tuna sandwich or Roll available daily with veg sticks and fresh fruit or dessert of the day



# WEEK 1

W/C: 17/04, 08/05, 19/06, 10/07, 11/09, 02/10

# WEEK 2

W/C: 24/04, 15/05, 05/06, 26/06, 17/07, 18/09, 09/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🍷 Served with Potato Wedges	<b>Pork Sausages</b> Served with Mashed Potato and Gravy	<b>Roast Turkey</b> 🍷 Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> 🍷 Served with Wholemeal Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Vegetable Pesto Pasta Bake</b> 🍷	<b>Macaroni Cheese</b> 🍷	<b>Roasted Vegetable Butterbean Crumble</b> 🍷 🍷 Served with Roast Potatoes and Gravy	<b>Vegetarian Bolognese</b> 🍷 🍷 Served with Wholemeal Pasta	<b>Vegetarian Dippers</b> 🍷 Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🍷 🍷					
All main meals are served with two vegetables					
DESSERT	<b>Vanilla Ice Cream</b>	<b>Hot Chocolate Sponge with Chocolate Custard</b>	<b>Strawberry Jelly with Fruit</b> 🍷	<b>Fruity Picnic Bar</b> 🍷	<b>Chocolate Ice Cream</b>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🍷 Served with Potato Wedges	<b>Chinese Chicken and Vegetable Rice</b> 🍷 🍷	<b>Roast Gammon</b> Served with Roast Potatoes and Gravy	<b>Beef Lasagne</b> 🍷 Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
	<b>Vegetable Pastry Roll</b> 🍷 Served with Potato Wedges	<b>Cauliflower Macaroni Cheese</b> 🍷 🍷	<b>Sweet Potato and Chickpea Roast</b> 🍷 Served with Roast Potatoes and Gravy	<b>Vegetable Lasagne</b> 🍷 🍷 Served with Garlic and Herb Bread	<b>Vegetarian Dippers</b> 🍷 Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🍷 🍷					
All main meals are served with two vegetables					
DESSERT	<b>Oat Chocolate Cookie with Fruit</b> 🍷	<b>Orange Jelly</b>	<b>Chocolate and Banana Marble Cake</b>	<b>Banana and Apricot Flapjack with Fruit</b> 🍷	<b>Strawberry Ice Cream</b>

**PACKED LUNCH AVAILABLE**  
Ham, Cheese or Tuna sandwich or Roll available daily with veg sticks and fresh fruit or dessert of the day

**AVAILABLE EVERY DAY**  
Water, salad, freshly baked bread, yoghurt & fresh fruit

🍷 Vegetarian 🐟 Oily Fish 🍷 Wholegrain 🍷 Fruity! 🍷 Nutritionist's Choice