

MENU WEEK THREE

MAIN MEALS

VEGETARIAN

DESSERTS

MONDAY

Homemade Minced Beef & Vegetable Pie served with Roasted Sweet Potatoes & Carrot Batons & Peas

Vegetable Lasagne served with Carrot Batons & Peas

Rice Pudding with Winter Berries Coulis

TUESDAY

Chicken & Broccoli Pasta Bake served with Carrot & Cucumber Sticks

Plant Based Thai Red Curry served with Rice (50/50 wholemeal & White) Carrot & Cucumber Sticks

Rasin, Oat & Lemon Cookie with a Vanilla Ice Cream Tub

WEDNESDAY

Sausage in Gravy served with Diced Potatoes, Cabbage & Sweetcorn

Cheese & Onion Frittata served with Crusty Wholemeal Bread, Cabbage & Sweetcorn

Steamed Chocolate & Banana Sponge served with Custard

THURSDAY

Roast Gammon served with Potato Wedges, Roast Parsnips & Cauliflower

Lentil & Vegetable Pasta Bake served with Roast Parsnips & Cauliflower

Chocolate Crisp Pie

FRIDAY

Homemade Salmon Fishcake served with Chunky Chips, Peas & Baked Beans

Homemade Margareta Pizza with Lentil Sauce served with Chunky Chips, Peas & Baked Beans

Apple & Blackberry Crumble served with Custard

V VEGETARIAN

Vg VEGAN

MSC FISH