

WEEK 3 MENU

W/C: 14/11 05/12 16/01 06/02
27/02 20/03

	HOT SPECIALS	COLD OPTION	PASTA	JACKET POTATOES	PICK A PUD
MONDAY	Pesto Pasta Bake	Cheese or Egg Baguette	Fresh, homemade tomato & basil sauce with penne pasta	Jacket potato with a choice of hot or cold fillings. Cheese, tuna or beans	Strawberry Ice Cream
TUESDAY	Sweet & Sour Chicken with wholegrain rice	Tuna or Ham Sandwich			Fruity Flapjack Bar
WEDNESDAY	Roast Pork or Quorn Roast with roast potatoes	Turkey or Cheese Roll			Fruit Jelly & Custard
THURSDAY	Cottage Pie	Cheese or Ham Wrap			Chocolate Slice
FRIDAY	Southern Fried Chicken or Quorn Dippers with chips	Cheese or Egg Roll			Crispy Crackle Bar

ALL HOT MEALS
ARE SERVED WITH
TWO VEGETABLES

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