



| WEEK 3 | GREEN MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|--|---|---|---|---|
| Main Meal | Homemade Vegetable Chow Mein served with Egg Noodles | Hand Pulled BBQ Chicken Burger, Lettuce & Tomato slice served in a floured bun with Homemade Wedges | Roast of the Day served with a Yorkshire Pudding & Roast Potatoes | Homemade Chilli served with 50% Wholegrain Rice, Nachos & Corn on the Cob | Fish of the Day served with Chips and a Lemon Wedge |
| Vegetarian Main Course | Wholemeal Margherita Pizza served with Homemade Coleslaw | Vegetable Burger, Lettuce & Tomato slice served in a floured bun with Homemade Wedges | Quorn Fillet served with a Yorkshire Pudding & Roast Potatoes | Tomato & Basil Tagliatelle, served with Garlic Bread | Cheese Whirl served with Chips |
| Vegetables | Broccoli and Peas | Corn on the Cob and Green Beans | Cauliflower, Baton Carrots | Sweetcorn, Savoy Cabbage | Baked Beans or Peas |
| Dessert | Homemade Carrot Cake Fruit Salad | Cornflake Tart and Custard Fruit Pot | Angel Delight served with Fruit Fruit boat | Banana and Toffee Muffin Fruit Pot | Courgette Sponge & Custard Fruit boat |

Fresh Baked Jacket Potato with Choice of fillings Cheese, Tuna, Beans available daily

Selection of freshly made sandwiches on a choice of breads available daily

Fresh Bread, Cheese & Crackers, Salad Selection, Fresh Fruit and Yoghurts available daily

