

BORIS

THE BEETROOT

Week 3



MAINS

MONDAY

Hunters Chicken with Healthy Chips & Garden Peas

Vegetable Goujons with Pomme Noisettes & Carrots 

TUESDAY

Meat & Potato Pie with Wholemeal Pastry with Wedges & Peas

Tomato & Mascarpone Wholegrain Tagliatelle with a Garlic Slice 

WEDNESDAY

Roast Gammon & Creamed Potatoes with Green Beans & Cauliflower

Vegetable Toad in the Hole with Jacket Potato or Creamed Potatoes 

THURSDAY

Beef or Cheeseburger in a Bun with Healthy Chips & Peas

Homemade Vegetable Wholegrain Lasagne with Mixed Leaf Salad

FRIDAY

Margherita Pizza on Wholemeal Base  with Herby Potatoes & Spaghetti Hoops

Baked Fishcake or Salmon Fishcake with New Potatoes & French Beans

DESSERTS

MONDAY

Fresh Fruit Salad
Vanilla Ice Cream Pot
Homemade Yoghurt

TUESDAY

Fresh Fruit Salad
Apple Crumble & Custard
Homemade Yoghurt

WEDNESDAY

Fresh Fruit Salad
Mini Jam Doughnuts
Homemade Yoghurt

THURSDAY

Fresh Fruit Salad
Fruit Jelly
Homemade Yoghurt

FRIDAY

Fresh Fruit Salad
Ginger Biscuit
Homemade Yoghurt

AVAILABLE DAILY

Fresh Whole-wheat Pasta, served with a choice of Meat or Vegetarian Sauces

Full Range of Salads from our Salad Bar

Fresh Whole-wheat Bread Rolls from our Bread Basket