Your Three Week Menu



Monday

Tuesday



Wednesday







Friday



WEEK ONE

Beef/Veggie Burger in a Bun with Potato Wedges and **Baked Beans or Seasonal Vegetables**

Spaghetti Bolognese/ Vegetarian Bolognese with Garlic Bread and **Seasonal Vegetables**

Roast of the Day/Quorn Fillet with Roast/Mashed Potatoes. **Seasonal Vegetables** and Gravy

Chicken/Vegetarian Curry with Rice. Naan Bread with **Seasonal Vegetables**

MSC Fish, Chips and **Garden Peas/Mushy Peas** or Baked Beans

Filled Jacket Potato with a **Selection of Fillings** Served with Salad

Deli Option Choice of Breads and a **Selection of Fillings Served with Salad**

Filled Jacket Potato with a **Selection of Fillings** Served with Salad

Deli Option Choice of Breads and a Selection of Fillings **Served with Salad**

Filled Jacket Potato with a Selection of Fillings Served with Salad

Apple Sponge and Custard

Chocolate Crispy Cake and a Fruit Wedge

Fruit Jelly and Fruit Wedge

Cheese & Crackers

Victoria Slice and **Fruit Wedge**

WEEK TWO

Pork/Quorn Sausages with Yorkshire Pudding, **Mashed Potatoes**, **Seasonal Vegetables and Gravy**

Pasta Bolognese/Vegetable Bake with Garlic Bread and **Seasonal Vegetables**

Roast of the Day/Quorn Fillet with Roast/Mashed Potatoes, **Seasonal Vegetables and Gravy**

Hot Chicken/Quorn Wrap with Savoury Rice, **Homemade Sauce and** Seasonal Vegetables

Filled Jacket Potato with a

Selection of Fillings

Served with Salad

MSC Fish, Chips and **Garden Peas/Mushy Peas** or Baked Beans

Deli Option Choice of Breads and a **Selection of Fillings Served with Salad**

Filled Jacket Potato with a **Selection of Fillings** Served with Salad

Deli Option Choice of Breads and a **Selection of Fillings Served with Salad**

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Sticky Toffee Pudding and Custard

Chocolate Muffin and a Fruit Wedge **Banana Custard**

Fruit Salad

Melting Moment and Fruit Wedge

WEEK THREE

Pork/Quorn Sausage and Bacon, Scrambled Egg, **Hash Browns and Baked Beans**

Ham, Sweetcorn and Cheese/Vegetarian **Pasta Bake with Crusty Bread** and Seasonal Vegetables

Roast of the Day/Quorn Fillet with Roast/Mashed Potatoes, Seasonal Vegetables and Gravy

Chicken/Vegetarian Curry with Rice, Naan Bread with **Seasonal Vegetables**

Cheese & Tomato Pizza Chips and Garden Peas or Baked Beans

Filled Jacket Potato with a

Selection of Fillings

Served with Salad

Filled Jacket Potato with a **Selection of Fillings** Served with Salad

Deli Option Choice of Breads and a **Selection of Fillings** Served with Salad

Filled Jacket Potato with a Selection of Fillings **Served with Salad**

Deli Option Choice of Breads and a Selection of Fillings Served with Salad

Fruit Crumble and Custard

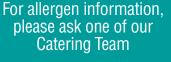
Iced Chocolate Sponge Cake

Fruit Jelly and Fruit Wedge

Fruit Platter

Ginger Biscuit and Fruit Wedge

Available every day – Unlimited salad, fresh fruit platter, fresh bread, organic yoghurt, milk and chilled water





















Sandbrook Pri