

WEEK 1

MONDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings

TUESDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with salmon mayo

WEDNESDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings

THURSDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings

FRIDAY

Tomato Pasta or Sandwiches with a choice of fillings

Jacket Potato with a choice of fillings

SALADS...

A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad

HOT SPECIALS...

Try something different!

Trying new and different foods is a great way of getting all the nutrition your body needs

Burrito A soft wrap filled with lightly spiced veggies and rice

Vegetable Supreme Pizza with dough balls Cheesy tomato pizza slice topped with sweetcorn and peppers

Allegra's Chicken Filo Pie with Mashed Potato

A delicious light filo pastry topped chicken pie

Veggie Korma with Bombay Potatoes

A Veggie version of the classic mild Korma, with yummy lentils and chickpeas

Sweet Potato and Chickpea Roast Potatoes and Gravy

A chunky sweet potato and chickpea roast

Favourite Beef Lasagne with a Garlic & Herb Bread Wedge

A classic Italian beef lasagne in a yummy tomato sauce

Butternut Squash and Tomato Bake with Rice

A delicious butternut squash and tomato bake served with rice

Southern Fried Chicken Tasters with Chips

Lightly seasoned crispy chicken strips and scrummy chips

PICK A PUDI!

Raspberry Ripple Ice Cream with Fruit Slices

Secret Brownie

Shortbread Biscuit with Fruit Slices

Berry & Peach Oaty Crumble with Custard

Orange, Sultana & Carrot Slice

SIDES...

Fresh Carrots and Sweetcorn

Peas and Fresh Broccoli

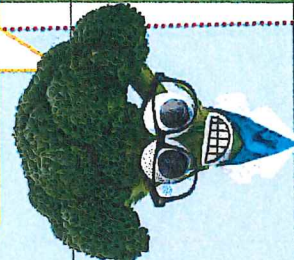
Fresh Carrots and Fresh Cabbage

Fresh Broccoli and Sweetcorn

Baked Beans Fresh Carrots and Peas

Available every day!

Cool water Salad Freshly baked bread Yoghurt Fresh fruit



Look out for these symbols for our super healthy dishes:

- Nutritionist's Choice Fruity! Oily fish Vegetarian Wholegrain Fruity! Allergy? Speak to our kitchen for help

WEEKS COMMENCING;

- 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 07/03, 28/03, 18/04

