

WEEK 1

Monday



Pork or vegetarian sausage served with mashed Potatoes, gravy & fresh vegetables

Vanilla cookies



Tuesday

Beef or vegetable Bolognese served with steamed spaghetti & fresh vegetables

Rice pudding



Wednesday

Creamy chicken curry or vegetable stir fry served with steamed braised rice & fresh vegetables

Apple crumble & custard



Thursday



Roast pork or Quorn fillet served with roast potatoes fresh vegetables & gravy

Ice cream



Friday



Fish fingers or vegetables served with chips & baked beans

Chocolate cake



Every day

Cheese and crackers
Jacket potatoes
Cheese/ham panini
Fresh fruit
Yoghurt
Salad
Wholemeal bread & butter

