

WEEK 2

Monday



Chicken wraps or vegetarian chilli
Served with braised rice and vegetable selection
Chocolate cookies

Tuesday

Beef lasagne or salmon fillet in herb sauce
served with fresh vegetables
Jam sponge & custard

Wednesday



Sweet and sour chicken or Quorn sweet and sour
served with rice & fresh vegetables
Apple crumble & custard

Thursday



Roast turkey or Quorn escallop
served with roast potatoes
fresh vegetables & gravy
Frozen yoghurt

Friday



Battered cod fillet
served with chips & baked beans
Rice pudding

Every day

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