



Week 4

Main

Vegetarian

Carbs

Vegetables

Pudding



Monday

Toad in the Hole with Lincoln sausages

Quorn sausages

Yorkshire pudding

Beans

Oat Cookie

Tuesday

Lamb chilli

Tomato Ratatouille

Rice & Plain Cornbread

Sweetcorn

Carrot Cake

Wednesday

Roast Chicken

Veg Hotpot

Roast Potato

Carrots or mashed Carrots & Swede

Apple Sponge & Custard

Thursday

Lasagne

Layered Veg Lasagne

Italian Flat Bread

Mixed Veg

Arctic roll

Friday

Fish finger Wraps

Frittata

Sautéed Potatoes

Large mixed Salad

Chocolate brownie



Jugs of Water, Yoghurts Daily



Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. The following fillings are served as a daily special:

- Homemade Coleslaw
- Baked Beans
- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

Sandwiches available on a selection of breads with salad accompaniment. Serve the following fillings every day, plus the daily special:

- Egg Mayonnaise
- Tuna Mayonnaise
- Cheddar Cheese
- Hummus
- Cheese & Bean Pitta

Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

- Couscous
- Potato salad
- coleslaw rice salad
- pasta salad