

Example Menu Week 3

Day	Main Meal	Side	Dessert
Monday	<ul style="list-style-type: none"> • Italian Beef Bolognese & Wholewheat Pasta • Salad Selection • Vegetable Chilli with Rice (V) 	<ul style="list-style-type: none"> • Garden Peas • Carrots 	Oaty Fruit Crumble & Custard
Tuesday	<ul style="list-style-type: none"> • Coconut Chicken with Rice • Salad Selection • Macaroni Cheese (V) 	<ul style="list-style-type: none"> • Sweetcorn • Broccoli 	Short Bread & Fruit Slices
Wednesday	<ul style="list-style-type: none"> • Roast Beef, Roast Potatoes & Gravy • Salad Selection • Lentil Roast, Roast Potatoes & Gravy (V) 	<ul style="list-style-type: none"> • Cauliflower • Cabbage 	Chocolate Sponge with Chocolate Sauce
Thursday	<ul style="list-style-type: none"> • Norfolk Plough Pudding with Mashed Potatoes • Salad Selection • Spicy Bean Hotpot with Mashed Potatoes (V) 	<ul style="list-style-type: none"> • Roasted Vegetables • Garden Peas 	Jelly & ice Cream
Friday	<ul style="list-style-type: none"> • Fish Fingers & Chips • Salad Selection • Cheese Whirl with Chips (V) 	<ul style="list-style-type: none"> • Baked Beans 	Carrot & Pineapple Muffin

Salad, fresh fruit and yoghurt are available every day.

Jacket Potatoes with a choice of filling and a selection of sandwiches are available every day.