

MAKE GOOD CHOICES.

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Oven Baked Chicken & Sweetcorn Pie	Oriental Chicken & Vegetable Stir Fry	Traditional Italian Style Lamb Lasagne	Thai Green Chicken & Vegetable Curry	Deep Fried Fish with Lemon & Tartare Sauce
Main Meal 2	Oven Baked Salmon & Lemon Crunch Fishcake	Freshly Made Hot Pulled Pork Sandwich	Roast of the Day with Traditional Accompaniments	Fresh Oven Baked Meat & Potato Pie	Assorted Hot Dogs & Braised Onions on a Finger Roll
Vegetarian	Home Made Sweet Chilli Quorn Stir Fry with Noodles	Fresh Braised Winter Vegetable Hot Pot	Bindi Chick Pea & Lentil Dahl served with Mixed Rice	Italian Tomato & Wholemeal Pasta Bake	
Vegetables	Herby Baked Potatoes Garden Peas Cauliflower Baked Beans Mixed Garden Salad	Jacket Wedges Sweetcorn Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Seasonal Greens Carrot & Swede Baked Beans Mixed Garden Salad	Creamed Potatoes Broccoli Carrots Baked Beans Mixed Garden Salad	Chips Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				