

MAKE GOOD CHOICES.

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Firecracker Spicy Chicken Wholemeal Pasta Bake	Traditionally Made Shepherd Pie	Roast of the Day Served with Traditional Accompaniments	Southern Style Chicken with Tangy BBQ Sauce	Deep Fried Fish with Lemon & Tartare Sauce
Main Meal 2	Traditional Farm House Mixed Grill	BBQ Turkey Meatballs served with Noodles	Fresh Chicken Korma served with Mixed Rice	Traditional Oven Baked Cornish Pasty	Vegetable Chilli Served with Braised Rice
Vegetarian	Spicy Vegetable & Chickpea Curry with Boiled Rice	Oven Baked Red Onion & Cheddar Cheese Quiche	Home Made Mexican Vegetable Quesadillas	Mediterranean Vegetable Lasagne	
Vegetables	Jacket Wedges Peas Cauliflower Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Roasted Vegetables Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Boiled Potatoes Broccoli Sweetcorn 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				