



# BREAKERS



WEEK 3 MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL CHOICE	Savoury Salmon and Tuna Fusilli Pasta Bake	Mildly Spiced Chicken Tikka Masala served with Mixed Rice	Oven Baked Lamb Lasagne served with Garlic Bread Slice	Spicy Chicken Chilli served with Wholegrain Rice	Deep Fried Fish Served with Lemon and Tartare Sauce
MAIN MEAL CHOICE	Best of British All Day Breakfast Choice of 5 Items	Homemade Shortcrust Pastry Topped Meat & Potato Pie	Traditional Roast Turkey served with Sage & Onion Stuffing	Crisp and Golden Potato Topped Lamb Shepherds' Pie	A Selection of Fresh and Tasty Hot Filled Wraps
VEGETARIAN CHOICE	Oven Baked Spicy Vegetarian Quesadillas Filled Jacket Potatoes	Mexican Vegetable Chilli con carnie served with wholegrain rice Filled Jacket Potatoes	Chinese style Quorn & Vegetable Chow Mein Filled Jacket Potatoes	Tangy Cheese and Savoury Red Onion Flan Filled Jacket Potatoes	Filled Jacket Potatoes
VEGETABLES AND POTATOES	Spicy Diced Potatoes Baked Beans Sweetcorn Chopped Tomatoes Mixed Garden Salad	New Potatoes Garden Peas Cauliflower Florets Baked Beans Mixed Garden salad	Roast Potatoes Diced Carrot & Swede Savoy Cabbage Baked Beans Mixed Garden salad	Jacket Wedges Mixed Vegetables Fresh Broccoli Baked Beans Mixed Garden salad	Chipped Potatoes Mushy Peas Baked Beans Mixed Garden Salad
<b>Available Daily: Assorted Snacks, Various Filled Sandwiches, Rolls and Wraps, Fresh Salads, Hot And Cold Desserts ,Home Bakes, Fresh Fruit Salad, Drinks</b>					