

LUNCH MENU WEEK 3

HEALTHY FOOD HEALTHY LIFE

| MONDAY | TUESDAY | WEDNESDAY | <u>THURSDAY</u> | FRIDAY |
|--|--|--|---|--|
| <u>Pasta Bolognese Bake</u> <u>with Garlic Bread &</u> <u>Veg Of The Day</u> | <u>Roast Pork & Crackling</u> <u>With Roast Potatoes &</u> <u>Veg Of The Day</u> | <u>Homemade Butter</u> <u>Chicken Curry & Rice With Naan</u> <u>& Veg of The Day</u> | <u>Jerk Chicken with Seasoned Rice & Veg</u> <u>Of The Day</u> | Fish & Chips With Mushy Peas |
| Jacket Potatoes With Choice of Filling | <u>Jacket Potato with</u> <u>Choice of Filling</u> | <u>Sausage Roll</u> <u>With Mash & Gravy</u> | <u>Jacket Potato with</u> <u>Choice of Filling</u> | Cheese Burger In A Soft Bun & Chips |
| <u>Tuna Pasta Pots, Paninis</u> Selection Of Sandwiches | <u>Fresh Soup Of The Day With</u> <u>Roll & Butter</u> | <u>Jacket Potatoes With</u> <u>Choice of Filling</u> | <u>Tuna Past Pot, Paninis</u> Selection Of Sandwiches | Jacket Potatoes With Choice of Filling |
| <u>Fresh Fruit</u> Fruit Pot & Granola Pot | <u>Tuna Past Pot, Paninis</u> Selection Of Sandwiches | <u>Tuna Pasta, Paninis,</u> <u>Selection Of Sandwiches</u> | <u>Fresh Soup of The Day With</u> <u>Roll & Butter</u> | Tuna Past Pot, Paninis Selection Of Sandwiches |
| Pudding Of The Day | <u>Fresh Fruit</u> <u>Fruit Pot & Granola Pot</u> | <u>Fresh Fruit</u> <u>Fruit Pot & Granola pot</u> | <u>Fresh Fruit</u> Fruit Pots & Granola Pots | Fresh Fruit Fruit Pots & Granola Pots |
| <u>Quorn Bolognese With</u> <u>Garlic Bread &</u> Veg Of The Day | Pudding Of The Day | Pudding of The Day | Pudding Of The Day Quorn Pieces In Jerk Seasoning With | Pudding Of The Day |
| | Vegie Roast With All The Trimming's | Quorn Butter Chicken Curry & Rice With Naan Veg Of The Day | Seasoned Rice & Veg Of The Day | Veggie Cheese Burger On A Soft Bun With Chips |
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