

WEEK THREE

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken	Pasta Day with selection of Meat Sauce, Or a Vegetarian Sauce	Roast Beef, served with Yorkshire pudding & gravy	Lamb Madras	Breaded Chicken
Sweet Potato & Vegetable Curry		Cheese & Onion Pasty	Macaroni Cheese	Vegetable Fingers
Steamed Rice		Roast Potatoes	Steamed Rice	Healthy Fries
Sweetcorn	Roasted Seasonal Mixed Vegetables	Swede & Carrot or Roasted Parsnips	Garden Peas	Baked Beans or Spaghetti
Broccoli Florets		Cabbage	Cauliflower Gratin	Sweetcorn
Chocolate Chip Sponge, served with chocolate custard	Steamed Jam Pudding, served with custard	Arctic Roll	Zesty Citrus Sponge, served with custard	Flapjack or Chocolate Brownie, served with ice cream
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar
Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread	Daily choice of fresh rolls or speciality bread