



Menu 3 – Meadowfield

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3			Cycle two		
BEST OF BRITISH (a selection of dishes we all love, both young and old)	grilled gammon steak (pineapple or parsley sauce, mini crispy cubes, steamed broccoli & sweetcorn)	Mrs Hutton's All day breakfast (thin sausage, bacon, poached egg, mini potato waffles, baked beans & roast tomato) (eg) (gl) (sd)	Desperate Dan's cow pie (our chef's favourite comic book characters' meal of choice, chunks off beef steak in a rich gravy, topped with puff pastry & oven baked) (gl) (mk) (eg)	roast chicken (served with homemade Yorkshire pudding & stuffing) (gl) (mk) (eg) (h)	finding nemo (sustainably sourced haddock fillet in our crisp batter, served with chunky hand cut chips & mush peas) (gl) (fsh)
JETSETTER'S CHOICE (a selection of favourite foods from all over the globe)	Chunky monkey meatball pasta bake (pork & beef meatballs in a creamy tomato sauce with pasta shells, triple blend cheese & Italian herbs, oven baked and served with garlic bread) (gl) (mk) (eg) (sd)	sweet & sour chicken (served with stir fried vegetables, steamed rice & sweet & sour sauce) (gl) (soy) (gl) (h)	Oriental chicken wrap (warm tortilla topped with hoisin chicken, spring onion & cucumber) (gl) (mk) (soy) (h)	Homemade chicken kebab (chicken fillets marinated in Greek spices and oven cooked, served with grilled pitta, choice of sauces & slaw) (gl) (mk)	Mini chicken fillets (oven baked and served with chunky chips & beans) (gl) (mk) (eg) (h)
AWESOME VEGETARIAN MAINS (our twist on some fantastic mains, full of flavour & fun)	Veggie Balti (soya mince curry with tomato, onion, chilli and garlic, served with steamed rice & mini naan) (v) (mst)	Burrito burger (Quorn burger topped with salsa, peppers & onions, wrapped with tortilla and oven baked) (v) (mk) (eg) (gl)	Vegetable fried rice (stir fry vegetables with rice, sesame oil, egg, soy & ginger, served with Chinese curry sauce) (gl) (eg) (soy)	Homemade cheese & onion pasties (mixed cheeses, diced onion, mash potato & cheese sauce, wrapped in puff pastry & oven baked) (gl) (mk)	Reggie the veggie (spiced vegetable burger, shredded lettuce, salsa, mayo served in a bun with chunky chips and baked beans) (v) (mk) (gl) (eg)
CLASSIC PUDS & TREATS (healthy twists for the sweet tooth)	chocolate sponge (choc sauce) (gl) (mk) (eg) (v)	melon & strawberries (v)	rice krispie slice (gl) (mk) (eg) (v)	fresh fruit selection (v)	mixed mini ice-creams (mini pots of no sugar ice-cream) (v) (mk)
SELF SERVE			Chopped house salad is always available as well as seasonal vegetables, children are welcome to eat as much as they can		