

WEEK 3					
13 th Sept, 4 th Oct, 1 st Nov, 22 nd Nov, 13 th Dec, 10 th Jan, 31 st Jan, 28 th Feb, 21 st March, 11 th April	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Oven Baked Chicken Chunks served with Jacket Wedges	Spaghetti Bolognese served with Cheesy Garlic Pizza Bread	Traditional Roast Chicken Dinner served with Roast/Mash Potatoes & Gravy	Pork & Carrot Meatballs served with Herby Potatoes	Big Fishy Fishcake Salmon Fillet Served with Chips
Non Meat Alternative	Tomato Pasta Bake served with Garlic Bread	Sandwiches & Wraps served with a Pasta Salad	Jacket Potato served with a variety of fillings	Homemade Cheese & Rice Flan with Herby Potatoes	Homemade Margherita Pizza Served with Chips
Vegetables	Spaghetti Hoops Salad Bar	Vegetable Medley	Carrots Broccoli	Baked Beans Salad Bar	Garden Peas Salad Bar
Desserts	Franks Welsh Ice Cream Cheese & Crackers Fresh Fruit	Goopy Chocolate Sponge served with Custard Yoghurt Fresh Fruit	Baked Rice Pudding with Raisins/Jam Yoghurt Fresh Fruit	Apple Flapjack Cheese & Crackers Fresh Fruit	Kracholates with a Wedge of Orange Yoghurt Fresh Fruit
Drinks	A daily selection of Chilled Milk, Milkshake and Water				