MENU WEEK 3 & 6

Hot Specials...		Sides...	Pudding...
Breaded Fish Fillet	Tomato Pasta Bake & Garlic Bread (V)	Creamed Potatoes & Peas or Broccoli	Top Hat Cake
Homemade Sausage Roll	Homemade cheese & Onion Roll (V)	Potato Waffles & Sweetcorn or Green Beans	Strawberry Jelly & Strawberries
Cheese & Tomato Pizza Wedge (V)	Stir Fry Vegetables & Noodles (V)	Creamed Potatoes & Baked Beans or Peas	Flapjack & Fruit Slice
Succulent Roast Chicken Stuffing & Gravy	Cheese & Onion Quiche (V)	Roast & Creamed Potatoes Carrots and Peas	Lemon Drizzle Cake
Breaded Chicken Burger	Veggie Sticks (V)	Oven Baked Fries & Spaghetti Hoops or Sweetcorn	Homemade Scone Jam & Cream

Try something different

Trying new and different foods is a great way of getting all the nutrition your body needs.

Week Commencing
19/9/22 & 10/10/22

Look out for these symbols for our super healthy dishes: (V) Vegetarian, Fruity!, Wholegrain, Oily fish

Allergy? Speak to our kitchen for help