

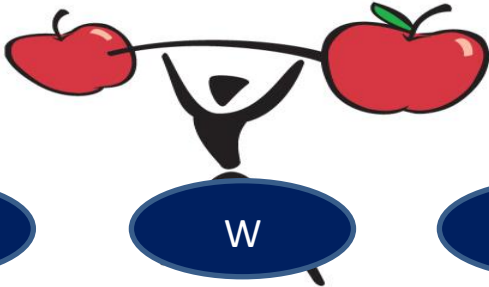


Week 3



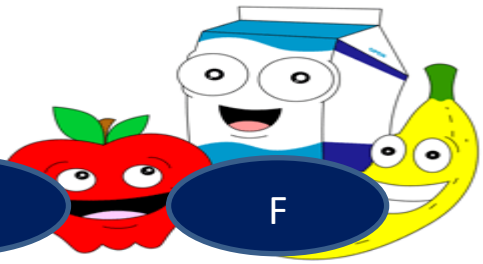
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Main

Cheese Whirl with 'Skin On' New Potatoes

Pork Meatballs in Tomato & Basil Sauce with Pasta

Beef Stew & Dumplings

Chicken fillet, stuffing & Gravy with Mash Potatoes

Breaded Lemon Salmon Fillet with Chips

Vegetarian

Tomato & Basil Penne Pasta Bake with Crusty Bread

Quorn Meatballs in Tomato & Basil Sauce with Pasta

Quorn Minced Stew & Dumplings

Quorn Fillet, Stuffing and Gravy with Mash Potatoes

Cheese Omelette

Sides

Garden Peas

Broccoli

Beetroot and Pickled Red Cabbage

Sliced Carrots & Green Beans

Mushy Peas

Pudding

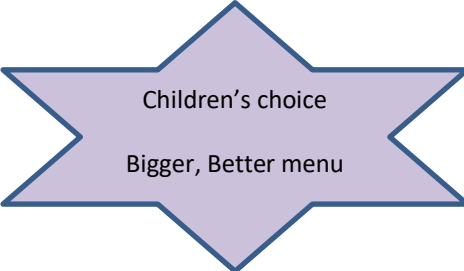
Chocolate Cookie

Choc & Mandarin Sponge and Custard

Fruit Mousse

Seasonal Fruit Crumble and Custard

Frozen Yoghurt & Strawberry Sauce



Jacket Potatoes served daily with a choice of the following fillings:- Cheese, Baked Beans, Tuna Mayonnaise, Coleslaw. Tuna & Salmon Mayonnaise (Wednesday only)
Salad bar, Yoghurts and fresh fruits are available along with jugs of water every day

