



WEEK 3

W/C: 01/05, 22/05, 12/06, 03/07

SPRING/SUMMER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza   Served with Potato Wedges	Mexican Beef Tortilla Pie  Served with Wholegrain Rice	Roast Pork Picnic Plate Served with Herb Diced Potatoes	Butter Chicken Curry  Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
JACKET POTATO	Jacket Potato  with a choice of filling	Jacket Potato  with a choice of fillings including salmon mayo	Jacket Potato  with a choice of filling	Jacket Potato  with a choice of filling	Jacket Potato  with a choice of filling
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta  					
All main meals are served with two vegetables					
DESSERT	Mango Frozen Yoghurt	Berry Flapjack with Fruit 	Chocolate Brownie with Fruit 	Pineapple Upside Down Cake with Custard	Chocolate Milkshake and Shortbread

PACKED LUNCH
 Ham or cheese sandwich or daily special with veg sticks and fresh fruit or Bear Yoyo or dessert of the day

AVAILABLE EVERY DAY
 Water, salad, freshly baked bread, yoghurt & fresh fruit

 Vegetarian
  Oily Fish
  Wholegrain
 Fruity!
  Nutritionist's Choice
  Halal Available