

# This Week's Menu

Week 3

Week Commencing 21<sup>st</sup> January 2019

Monday

Tuesday

Wednesday

Thursday

Friday

	<b>Main Dish Counter 2</b>	<b>Carbohydrates Counter 2</b>	<b>Vegetables Counter2</b>	<b>Desserts Counter 2</b>	<b>Alternative Dishes Counter 1 &amp; Island</b>
Monday	Sausages in onion Gravy & Yorkshire Pudding or Quorn Casserole	Mustard Mash Or Boiled Buttered Potatoes	Swede, Broccoli or  Salad	Selection of Desserts or Fresh Fruit or Yoghurts	Pasta King or Jacket Potatoes or Assortment of Sandwiches
Tuesday	Lamb & Onion Pie or  Red Pepper & Pineapple Quiche	Minted New Potatoes Or Sauté Potatoes	Mushy Peas, Carrots Or Salad	Selection of Desserts or Fresh Fruit or Yoghurt	Pasta King or Jacket Potatoes or Assortment of Sandwiches
Wednesday	Moroccan Beef Burritos Or Quorn Quesadillas	Spiced Cous Cous, Or Garlic Bread	Sweetcorn, Green Beans or Salad	Selection of Desserts or Fresh Fruit or Yoghurts	Pasta King or Jacket Potatoes or Assortment of Sandwiches
Thursday	Roast Dinner or Cauliflower Cheese Gratin	Rosemary Roasted Potatoes Or Duchess Potatoes	Cabbage, Roasted Vegetables or Salad	Selection of Desserts or Fresh Fruit or Yoghurt	Pasta King or Jacket Potatoes or Assortment of Sandwiches
Friday	Meat Feast Pizza or Margherita Pizza	Chips	Baked Beans or Mixed Vegetables Salad	Selection of Desserts or Fresh Fruit or Yoghurt	Pasta King or Jacket Potatoes or Assortment of Sandwiches