MENU WEEK 3

SERVED W/C:

THE FOOD EXPLORERS

Hutchison

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL OPTION 1	Tomato Penne Pasta with cheese	Vegetable bolognaise with pasta	Lentil & Stuffing pastry roll With gravy	BBQ Qourn with peppers & rice	Vegetable nuggets and chips
MAIN MEAL OPTION 2	Ham and cheese Pasta	Beef bolognaise With pasta	Roast Gammon & gravy	Chicken Tikka with rice	Oven baked fish fingers & chips
HALAL	Halal Turkey strips and cheese pasta	Halal beef bolognaise with pasta	Halal roast chicken breast & gravy	Halal Chicken Tikka With rice	Oven baked fish fingers & chips
VEGGIES	Sweetcorn	Broccoli	Roasted potatoes and carrots	Peas	Baked Beans
SANDWICHES	Cheese, Ham, Tuna Mayo	Cheese, Ham, Tuna Mayo	Cheese, Ham, Tuna Mayo	Cheese, Ham, Tuna Mayo	Cheese, Ham, Tuna Mayo

AVAILABLE EVERY DAY Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET TREATS	Strawberry Yoghurt	Chocolate Brownie	Oaty Flapjack	Chocolate muffin	Raspberry Jelly

Desserts available every day – a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice

Vegetarian Vegan Added Wholewheat