

Menu for Week 3

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Lunch Menu	Main	BBQ Pork Chop	Sweet & Sour Chicken	Roast Beef & Yorkshire Pudding	Fish & Chips	
	Vegetarian	Vegetable Lasagne	Lentil & Vegetable Stew	Italian Veggie Cottage Pie	Egg & Chips	Packed Lunch Day
	Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
	Vegetables 1	Sweetcorn	Mini Pancake Roll	Diced Carrots	Peas	Choice of Wrap
	Vegetables 2	Fresh Broccoli	Peas	Savoy Cabbage	Mushy Peas	Sandwich or Roll
	Potatoes / Rice / Pasta	Minted New Potatoes	Egg Fried Rice	Roast Potatoes	Chips	with Various
	Dessert	Coconut Sponge & Custard	Cookie	Natural Yoghurt & Sauce	Iced Sponge Tray Bake	Fillings
Supper Menu	Main	Meat Balls in Tomato sauce	Quiche	Chicken Enchilada's	Lamb Kofta	Served with fruit juice
	Vegetarian	Gnocchi	Vegetarian Quiche	Vegetarian Enchilada's	Vegetarian Kebab	Crisps and Snack
	Potato /Rice / Pasta	Tri Colour Pasta	Diced Potatoes	Rice	Pitta Bread/Greek Salad	
	Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
	Dessert	Fresh Fruit	Various Yoghurt	Fresh Fruit	Various Yoghurts	

Options with all meals: White or Brown Bread and Fresh Fruit