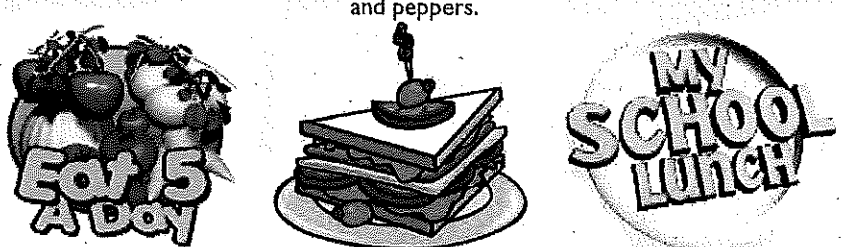


Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chilli Con Carne Minced beef or soya mince cooked with onions, chilli powder, tomatoes and red kidney beans served on a bed of rice</p>	<p>Homemade Turkey Nuggets Pieces of fresh turkey coated in homemade breadcrumbs and baked in the oven until golden jacket wedges</p>	<p>Roast Dinner Choose from either a home roasted breast of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy</p>	<p>Sausage & Mash Choose from a fresh butcher's sausage or a Quorn sausage served on a bed of homemade mashed potato with gravy</p>	<p>Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven & served with chips</p>
Served with				
Broccoli	Sweetcorn	Carrot & Swede and Green Beans	Peas	Peas and Baked Beans
or				
<p>Jacket potatoes & Panini's served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
or				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
				
And for dessert				
Marble Cake	Paris Sandwich	Chocolate Shortbread	Strawberry Mousse	Bread & Butter Pudding
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
And Finally a drink				
<p>A selection of the following drinks will be available daily freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange or water.</p>				