

WEEK 3

Autumn 2023



MAIN MEAL

VEGETARIAN OPTION

SANDWICHES & WRAPS

JACKET POTATOES

DESSERT

MONDAY

Ham macaroni cheese with garlic bread

Macaroni cheese **V** or roasted vegetable pasta **V** with garlic bread **V**

Cheese sandwich **V** or chicken mayonnaise wrap

TUESDAY

Margherita wrap with herby diced potato

Roasted vegetables wrap with herby, diced potato **V**

Tuna mayonnaise sandwich or cheese salad wrap **V**

WEDNESDAY

Roast gammon, potatoes and seasonal vegetables

Cauliflower and broccoli bake or vegan roast **V** with potatoes and seasonal vegetables

Egg mayonnaise sandwich **V** or turkey salad wrap

THURSDAY

Cottage pie with seasonal vegetables

Vegetarian cottage pie with seasonal vegetables **V**

Ham sandwich or cheese ploughman's wrap **V**

FRIDAY

Breaded fish fingers with chip and peas or baked beans

Quorn nuggets with chips and peas or baked beans **V**

Chicken and bacon sandwich or humous salad wrap **V**

Available daily with a choice of cheese, baked beans or tuna mayonnaise

Chocolate crispy cake

Carrot cake

Ice cream

Sticky toffee pudding and custard

Chocolate chip flapjack

Salad Selection, Bread, Fresh Fruit and Yoghurts available daily

V = Vegan **V = Vegetarian**

