MESS 3

Spring 2024





MAIN MEAL

VEGETARIAN OPTION

SANDWICHES & WRAPS

JACKET POTATOES

DESSERT



MONDAY

TUESDAY

W

WEDNESDAY TH

THURSDAY

FRIDAY

West Country Sausages with Mashed Potato Ham Macaroni Cheese with garlic bread Roast Pork with Roast Potatoes Chicken Katsu
Curry with Rice

Fish Fingers and Chips

Garden Vegetable Sausages with Mashed Potatoes V Macaroni Cheese with Garlic Bread

Roasted
Vegetable Plait V
or Vegan Roast V

Sweet Potato and Lentil Curry with Rice V Quorn Vegan Nuggets and Chips V

Chicken Mayonnaise Sandwich or Cheese Salad Wrap V Tuna Mayonnaise Sandwich or Humous Salad Wrap V Egg Mayonnaise Sandwich V or Falafel Salad, Mayonnaise Wrap V Cheese Sandwich
V or Ham salad
Wrap

Turkey Salad Sandwich or Cheese Ploughmans Wrap V

Available daily with a choice of Tuna Mayonnaise, Baked Beans or Cheese

Artic Roll V

Fresh Fruit Platter V
and Yoghurt V

Ice Cream V

Fruit Platter V with a yogurt dip Yoghurt V

Apple and Oat Slice V

Available daily Seasonal Vegetables, Salad Selection, Bread, Fresh Fruit and Yoghurts

V = Vegan V = Vegetarian







