

Week 3 Menu

Weekly menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal £1.60	Sweet 'n' Sour Mock Chicken	Baked Fillet of Salmon with Dill Sauce	Soya Mince Bolognaise	Stir Fry Egg Noodles with Vegetables & Puy Lentil	Vegetarian Burger in a Bun with Caramelised Onion
Alternative Meal £1.60	Vegetable & Split Pea Jalousie	Vegetarian Cottage Pie	Stir Fry Mock Beef with Vegetables	Vegetarian Moussaka	Smoked Mackerel Kedgeree
Speciality Salad From £1.90	Tuna Salad Nicoise	Potato & Schnitzel Salad	Avocado Salad	Tuna Sweet corn Pasta Salad	Caesar salad
Accompaniment 50p / 65p	Steamed Rice New Potatoes Garden Peas Garden Salad	New Potatoes Green Bean Mixed Salad	Pasta Spaghetti Cous Cous Diced Swede Mixed Salad	New Potatoes Cauliflower Florets Mixed Salad	Braised red Cabbage Green salad Chipped Potatoes
Dessert of the Day 90p	Apple Oats Crumble Served with Custard Sauce	Iced Orange Cake Served with Custard Sauce	Bread & Butter Pudding Served with Custard sauce	Chocolate Cake Served with Chocolate Sauce	Blueberry Muffin served with Custard Sauce
Spud Corner £1.90	Filled Jacket potato served with side salad	Filled Jacket potato served with side salad	Filled Jacket potato served with side salad	Filled Jacket potato served with side salad	Filled Jacket potato served with side salad

