

Week 3 Menu

Weekly menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal £1.80	Sweet 'n' Sour Mock Chicken	Baked Fillet of Salmon with Teriyaki Sauce	Vegetarian Bolognaise	Stir Fry Egg Noodles with Vegetable & Puy Lentil	Vegetarian Burger in a Bun with Caramelised Onion
Alternative Meal £1.80	Vegetable & Split Pea Jalousie with Gravy	Green Lentil and Vegetable Cottage Pie	Stir Fry Mock Beef with Vegetables	Vegetarian Moussaka	Smoked Mackerel Kedgeree
Speciality Salad From £1.90	Gastro Box Grab & Go	Gastro Box Grab & Go	Gastro Box Grab & Go	Gastro Box Grab & Go	Gastro Box Grab & Go
Accompaniment 50p / 70p	Steamed Rice New Potatoes Garden Peas Sliced Carrots	New Potatoes Green Bean Peas & Sweet corn	Pasta Spaghetti Cous Cous Diced Swede Sauté Cabbage	New Potatoes Plain Pasta Cauliflower Florets Baton carrots	Vegetable Medley Green salad Chipped Potatoes
Dessert of the Day 90p	Apple Oats Crumble with Custard Sauce	Iced Orange Cake with Custard Sauce	Bread & Butter Pudding with Custard sauce	Chocolate Cake with Chocolate Sauce	Blueberry Muffin 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

