LUNCH Week 1



W/C 31/08, 21/09, 12/10, 02/11, 23/11, 14/12, 04/01, 25/01, 15/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	**Cheese & Tomato Pizza (V)** Homemade wholemeal pizza topped with tomato sauce & cheese.	**Southern Baked Chicken** Lightly dusted chicken, oven-roasted with a blend of gentle spices.	**Roast Chicken** Oven-roasted chicken dinner	**Pork Sausages** Simply sausages served with mash & gravy.	**Fish Fingers** Golden crispy crumb coated fish sticks.
MAIN 2 CARB	**Cheese & Tomato Pizza (V)** Homemade wholemeal pizza topped with tomato sauce & cheese.	**Chilli Bean Stack (VE)** Mexican-spiced beans in tomato sauce, layered between tortilla wraps and baked until golden.	**Veg Quiche (V)** Golden pastry filled with vegetables, egg and cheese.	**Veggie Sausage (VE)** Vegetarian sausages served with mash & gravy.	**BBQ Bean and Cheese Pasty (V)** Puff pastry filled with BBQ baked beans and melted cheese.
VEG	Tomato Pasta Salad	Boiled Rice	Skin on Roasties	Mash	Chips
3RD OPTION	Broccoli	Green Beans	Garlic Autumn Greens	Roasted Corn	Baked Beans / Peas
DESSERT	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli
	Chococaramel Mousse (V)	Pear & Ginger Cake (VE)	Autumn Crumble & Custard (V)	Lemon Drizzle Flapjack (VE)	Ice Cream (V)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), flavoured yoghurts (V) as well as freshly baked bread (VE) & seasonal salad bar (VE).