

EAT SMART FOR A HEALTHY START! WEEK 4 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken curry and rice	Sausages	Roast beef and Yorkshire pudding	Mince and dumpling	Baked fish
Option 2 (ve)	Quorn spaghetti bolognaise	Pizza	Jacket potato with cheese	Cheese pie	Macaroni cheese
Sides	Peas Sweetcorn Wedges Boiled potatoes	Mixed vegetables Beans Creamed potatoes Boiled potatoes	Brocolli Carrots Oven roast Creamed potatoes	Cauliflower Sweetcorn Creamed potatoes Boiled potatoes	Peas Beans Chips Wedges
Dessert	Lemon sponge Jelly Yogurt Fresh fruit	Cornflake tart Jelly Yogurt Fresh fruit	Chocolate sponge Yogurt Fresh fruit Jelly	Apple crumble Fresh fruit Jelly Yogurt	Cheesecake Jelly Cheese and crackers Yogurt



ALSO AVAILABLE DAILY:

- Pasta king bar
- Salad bar
- Sandwiches / subs / wraps
- Jacket potato with filling (where applicable)
- Cheese & crackers
- Bread
- Drinking water