day (from Tuna Mayonnaise, Beans, and Cheddar Cheese) kers offered daily for pudding
-----------------------------------------------------------------------------------------

	Week 3				Ì	Week 2				Week 1				
	Pudding	Cold choice	Main meal	Main meal	Pudding	Cold Choice	Main meal	Main meal	Pudding	Cold choice	Main meal	Main Meal		Ap
	Iced smoothie tub (mango & orange or strawberry) (pb)	Freshly made wraps served with a mixed salad and ½ piece of fruit	Quorn sausage, Yorkshire pudding served with creamy mashed potatoes, diced carrots & gravy (v)	Pork meatballs in a homemade rich tomato sauce served with penne pasta & a slice of garlic bread	Arctic roll	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Chicken biryani served with a refreshing cucumber, tomato, red onion salsa (gf)	Homemade rainbow pizza served with seasoned diced potatoes and a refreshing cucumber, tomato, red onion salsa (v)	Freshly made strawberry mousse	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Crispy crumbed vegetable burger served with Cajun jacket wedges and homemade tomato salsa (pb)	Chicken in a creamy korma sauce served with boiled white rice and a mini samosa	Monday	ril 2022
	Homemade chocolate and vanilla pinwheel biscuit (pb)	Freshly made wholemeal sandwiches served with a mixed salad and vegetable batons	Sweet chilli chicken wrap served with seasoned diced potatoes and rainbow salad	Homemade cheese & tomato pizza served with seasoned diced potatoes and rainbow salad (v)	Fruit Jelly topped with whipped cream	Freshly made finger roll served with a mixed salad and vegetable batons	Quorn fajita pasta served with ½ pitta bread and lettuce, cucumber & tomato salad (v)	Gammon fillet served with crispy hash browns and baked beans (gf)	Homemade iced sponge cake	Freshly made wraps served with a mixed salad and vegetable batons	Pork sausage served with creamy mashed potatoes and baked beans	Homemade cheese quiche served with creamy mashed potatoes and baked beans (v)	Tuesday	
A MAN IN WAY	Pineapple upside down cake	Freshly made barm cake served with a mixed salad and ½ piece of fruit	Chickpea & lentil dahl served with boiled white rice and ½ wholemeal pitta bread (pb)	Chicken fillet served with homemade roasted potatoes, broccoli florets and gravy (gf)	Freshly made vegan syrup sponge (pb)	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Beef burger in a bun served with oven baked French fries, sweetcorn and tomato ketchup.	Homemade Quorn sausage & tomato frittata served with oven baked French fries and a fresh green salad (v)	Freshly made muesli bar (pb)	Freshly made barm cake served with mixed salad and ½ piece of fruit	Macaroni cheese served with a freshly made rainbow garlic bread (v)	Red tractor sliced turkey served with homemade roasted potatoes, diced carrots, and gravy (gf)	Wednesday	E L L L
	Homemade chocolate & mandarin mousse	Freshly made wraps served with a mixed salad and vegetable batons	Homemade Italian style beef lasagne served with a freshly made salad	Freshly baked vegetarian sausage roll served with oven baked jacket wedges, garden peas and tomato ketchup (v)	Yoghurt whip served with a mini shortbread biscuit.	Freshly made wraps served with a mixed salad and vegetable batons	Mexican style vegetable enchiladas served with seasoned potatoes and tomato Salsa (v)	Italian style lamb Bolognese in a rich homemade tomato sauce served with pasta	Shortbread biscuit (pb)	Freshly made wholemeal sandwiches served with a mixed salad and vegetable batons	Homemade Mexican chilli con carne served with rice and ½ wholemeal pitta bread	Freshly made Italian style cheese and tomato calzone served with sweetcorn salsa (v)	Thursday	
	Carrot cake muffin topped with a buttercream swirl	Freshly made wholemeal sandwiches served with a mixed salad and ½ piece of fruit	Quorn vegan nuggets served with crunchy oven baked French fries and baked beans (pb)	Salmon fish finger wrap served with crunchy oven baked French fries and baked beans	Chocolate muffin topped with a butter cream swirl	Freshly made barm cake served with a mixed salad and ½ piece of fruit	Quorn southern style burger served with oven baked chunky chipped potatoes and mushy peas (v)	Bird's Eye fish fingers served with oven baked chunky chipped potatoes and mushy peas	Homemade chocolate and mandarin muffin	Freshly made finger roll served with a mixed salad and ½ piece of fruit	Jamaican style jerk Quorn fillet served with coconut rice and peas (pb)	Harry Ramsden battered fish fillet served with oven baked French fries, garden peas and tomato ketchup	Friday	by Citywide Services

CHOICES