

WEEK ONE	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Pizza Friday</u>
Lighter Choice					
WINTER MENU 5th January- 27th March 2015	Cheese or Tuna Sandwich	Jacket Potato With Tuna	Jam or Cheese Sandwich	Jacket Potato With Coleslaw	Tuna or Cheese Filled Roll
Main Course (1)	(h) Beef Burger in a High Fibre Bun served with Purely Pommes Potatoes	(h) Chicken Curry served with Brown Rice & Naan Bread	Roast Chicken Fillet Stuffing, Gravy served with Roast Potatoes & Creamed Potatoes	(v) Spaghetti Bolognese served with WM Pasta & Garlic Bread	Jacket Potato with Cheese, Tuna or Baked Beans
Main Course (2)	Breaded Fish Square served with Purely Pommes Potatoes	Tuna Pasta Bake served with WM Crusty Bread		Fish Fingers x 3 served with Parsley Potatoes	
Main Course Vegetarian (V)	Quorn & Vegetable Bake served with WM Crusty Bread	Vegetarian Sausage Roll served with Boiled Potatoes	Cheese & Potato Pie Served with Crusty Bread	Tomato Omlette Served with Parsley Potatoes	Pizza Slice Served with Oven Baked Chips
Vegetables & Accompaniments	Peas Sweetcorn Bread Basket Salad Bar	WM Spaghetti Hoops Green Beans Fresh Sliced Carrots Bread Basket Salad Bar	Broccoli Baked Beans Bread Basket Salad Bar	Peas Fresh Sliced Carrots Bread Basket Salad Bar	Sweetcorn Baked Beans Bread Basket Salad Bar
Main Dessert	Pear & Chocolate Sponge & Custard	Cherry Shortbread & Custard	Fruit Crumble & Custard	Bakewell Tart & Custard	Jelly, Fruit & Ice Cream
Or Fresh Fruit, Fruit Pots, Yoghurts and Cheese and Biscuits available daily Semi skimmed milk will be available daily in addition to drinking water					
Lighter Choice will be served with: Vegetable/Fruit portion and Dessert Option					