

# Weekly Menu

WEEK TWO



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL CHOICE	Authentic Lamb Keema Served with Wholegrain Rice	Freshly Baked Chicken and Seasonal Vegetable Pie	Oven Baked Traditional Shepherd's Pie	Authentic Chinese Style Chicken Stir Fry	Deep Fried Fish Served with Lemon and Tartar Sauce
MAIN MEAL CHOICE	Oven Braised Sausage in a Rich Onion Gravy	Mexican Beef Chilli Con Carni and Boiled Rice	Traditional Roast Pork Served with Apple Sauce	Fresh Oven Baked Cheese and Bacon Quiche	A Selection of Hot Filled Wraps, Baguettes and Rolls
VEGETARIAN CHOICE	Golden Creamed Potato Topped Shepherdess Pie Filled Jacket Potatoes	Fresh Authentic Italian Style Vegetable Lasagne Filled Jacket Potatoes	Vegetable and Chickpea Curry Served with Rice Filled Jacket Potatoes	Tangy Tomato Ratatouille Pasta Bake Filled Jacket Potatoes	Various Filled Jacket Potatoes
VEGETABLES AND POTATOES	Creamed Potatoes Fresh Broccoli Sweet Corn Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Baton Carrots Garden Peas Baked Beans Mixed Garden Salad	Roast Potatoes Winter Cabbage Cauliflower Florets Baked Beans Mixed Garden Salad	Jacket Wedges Mixed Vegetables Baked Beans Mixed Garden Salad	Chipped Potatoes Mushy Peas Baked Beans Mixed Garden Salad
	Hot Sweet of the Day Fresh Fruit Salad	Hot Sweet of the Day Fresh Fruit Salad	Hot Sweet of the Day Fresh Fruit Salad	Hot Sweet of the Day Fresh Fruit Salad	Hot Sweet of the Day Fresh Fruit Salad

Available Daily: Assorted Snacks Various Filled Sandwiches, Rolls and Wraps, Fresh Salads, Cold Desserts and Tray Bakes

