

Lunchtime Menu – Week 10-12-18 **£2.20**

Dinners	Puddings
Monday	
Hot Chicken Sandwich – with salad option and homemade tomato ketchup	Rice pudding with Raspberry sauce
Mediterranean Pasta – Pasta Shells baked with Peppers Spinach, plum Tomatoes and Basil then melted with Cheese	Or
Panini/Jacket Potato – with assorted fillings and Salad	Fruit Yoghurt
Tuesday	
Pork and Vegetable Casserole – Served with savoury rice	Apple Crumble- Seasonal Fruit topped with Oat Crumble baked and served with Vanilla Custard
Italian-style Pizza – Crisp bread base, with a Mediterranean tomato and basil sauce, with a cheese or cheese and pepper topping	Or
Sandwich/Jacket Potato – With assorted fillings and salad	Fresh Fruit Pot
Wednesday	
Sausages and Mash	Jam Slice
Chinese Vegetable Stir Fry – Fresh sliced Vegetables, Bean sprouts and Water Chestnuts with Five Spice seasoning and Soy Sauce	Or
Panini/Jacket Potato – with assorted fillings and Salad	Fresh Fruit Pot
Thursday	
Cheese and Potato Swirls	Pieces of Fresh Fruit set in a light Fruit Jelly
Cod Fish Fingers- rich in Omega 3	Or
Sandwich/Jacket Potato – With assorted fillings and salad	Chocolate Sponge - Served with Raspberry Custard
Friday	
CHRISTMAS LUNCH DAY	
	
<p>All main meals are accompanied by hot seasonal vegetables, or fresh salad items, and either potatoes, rice, pasta, chapattis, or naan bread, as appropriate. In addition, bread and fresh fruit will be available daily.</p>	

