

<b>Week 3</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homemade Chicken Curry</b>  Choose from fresh chicken pieces or Quorn pieces, cooked with onions in a mild spiced sauce served on a bed of rice and Naan bread	<b>Burger Bar</b>  Choose from a homemade beef burger or a spice beanburger, served in a bun with dry roasted potato wedges.	<b>Roast Gammon</b>  Choose from either a home roasted gammon joint or a Quorn fillet, served with roast potatoes and gravy	<b>Mac &amp; Cheese</b>  Macaroni pasta, smothered in a cheese sauce mixed with cooked ham pieces, topped with cheese and baked in the oven. served with crusty bread.	<b>Fish &amp; Chips</b>  Choose from either breaded cod fillet fingers or a salmon fillet baked in the oven and served with chips.
<i>Served with</i>				
Sweetcorn	Green beans	Carrots /cabbage	Broccoli	Peas or baked beans
<i>Or Jacket potatoes</i> filled with a choice of fillings – Cheese, Tuna, Ham & baked beans (when available)				
<i>Or cold choice from the deli</i>				
Selection of breads and wraps, with a choice of ham, chicken, beef & tuna accompanied by a range of salad.				
<i>And for dessert</i>				
Chocolate Penny	Lemon Drizzle	Ice Cream	Chocolate brownie	Carrot Cake
Fresh fruit, fruit pots, yogurt, cheese& crackers are available every day as an alternative to the daily dessert.				
<i>And finally, a drink</i>				
A selection of the following drinks will be available daily – freshly made milkshakes, fruit juice (apple, orange or blackcurrant), or water				

