

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Mixed Bean and Vegetable Rice (Vegan)	Herby Chicken, Cherry Tomato and Parsnip Sauté	Slow Roasted Beef Brisket and Yorkshire Pudding	TAPAS DAY	Smoked Haddock/Cod Fishcakes or Chicken Nuggets (Gluten free available)
Vegetarian Main Course	Margherita Pizza (V)	Sweet Pepper Spaghetti Carbonara (V)	Quiche of The Day (v)	A selection of Meat and Vegetarian Tapas Dishes	Spinach and Ricotta Cannelloni (v)
Accompaniments	<i>Parsley Potatoes and Vegetables</i>	<i>Croquette Potatoes and a selection of Vegetables</i>	<i>Roast Potatoes and a selection of vegetables</i>	<i>Patatas Bravas and a Selection of Vegetables</i>	<i>Chips, Garden Peas and Baked Beans</i>
Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day	Homemade Pasta Dish of the Day
Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)	Baked Jacket Potatoes with Baked Beans, Tuna or Cheese Fillings (GF)
SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads	SALAD BAR A Selection of meats Cheeses and Composite Salads
Freshly Prepared Sandwiches and Baguettes (Gluten free option available)	Freshly Prepared Sandwiches and Baguettes (Gluten free option available)	Freshly Prepared Sandwiches and Baguettes (Gluten free option available)	Freshly Prepared Sandwiches and Baguettes (Gluten free option available)	Freshly Prepared Sandwiches and Baguettes (Gluten free option available)	Freshly Prepared Sandwiches and Baguettes (Gluten free option available)
Something Sweet A selection of Desserts	Something Sweet A selection of Desserts	Something Sweet A selection of Desserts	Something Sweet A selection of Desserts	Something Sweet A selection of Desserts	Something Sweet A selection of Desserts

Week commencing – 25/9, 6/11, 4/12- 2023