# THREE WEEK MENU SPRING/SUMMER 2022 



## WEEK 1

WEDNESDAY

Roast Chicken with Roast Potatoes and Gravy
Succulent roast chicken with fluffy roasties and tasty gravy

Macaroni cheese
(v) Sweet Potato and Chickpea Roas(0

Sweet Potato and Chickpea Roas
with Roast Potatoes and Gravy
A chunky sweet potato and chickpea roast

Jacket Potato with Salmon Mayonnaise

## Third Choice

| Salads |
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| Jacket Potato |

A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot
Jacket Potato
with a choice of fillings
Tomato Pasta
A delicious fresh, homemade
tomato sauce with penne pasta
Pasta

## Vegetables

Green Beans and Sweetcorn
Raspberry Ripple Ice-Cream

## Peas and Broccoli

Secret Brownie


## WEEK 3

## Roast Gammon

 with Roast Potatoes and Gravy Succulent roast gammon with fluffy roasties and tasty gravywith Gravy

## Quorn Roast

Fluffy mash with veggie sausages and rich gravy

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

## Salads

Jacket Potato

Pasta

## Vegetables

Desserts

Macaroni cheese
TUESDAY

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Sweet and sour chicken

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot

Jacket Potato With a choice of fillings

Tomato Pasta
A delicious fresh, homemade
tomato sauce with penne pasta

Sweetcorn and Broccoli

WEDNESDAY

Beef Meatballs in Tomato Sauce with Pasta

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Veggie Lasagne served with a bread wedge Delicious sheets of pasta layered with veggies and tomato sauce

## A Selection of Fresh Salads

 Including lettuce, cucumber, tomato, grated carrot
## Jacket Potato

 With a choice of fillingsTomato Pasta A delicious fresh, homemade tomato sauce with penne pasta

Green Beans and Sweetcorn

FRIDAY


