

# LUNCH MENU – WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato and mascarpone pasta with garlic bread and mixed salad	Chicken jalfrezi with boiled rice and apple and cucumber salad	Turkey and vegetable pie with creamed potatoes and broccoli	Spaghetti bolognaise with garlic bread and carrots	Fish goujons with chips and beetroot
Southern style quorn fillet with seasoned wedges and beans	Margherita pizza with diced potatoes and sweetcorn	Quorn kofta with savory rice, pitta bread and coleslaw	Quorn sausage roll with oven roast potatoes and wholewheat hoops	Three bean chilli with fluffy rice and garden peas
Egg mayo sandwich	Jacket potato with choice of cheese, baked beans or tuna with salad	Jacket potato with choice of cheese, baked beans or tuna with salad	Jacket potato with choice of cheese, baked beans or tuna with salad	Chicken mayo sandwich
Chocolate cookie	Strawberry or vanilla ice cream	Fresh fruit or yoghurt	Apple crumble muffin	Flapjack and custard

## Week Beginning

19<sup>th</sup> September 2022  
 10<sup>th</sup> October 2022  
 7<sup>th</sup> November 2022  
 28<sup>th</sup> November 2022  
 19<sup>th</sup> December 2022  
 23<sup>rd</sup> January 2023  
 13<sup>th</sup> February 2023  
 13<sup>th</sup> March 2023  
 17<sup>th</sup> April 2023  
 8<sup>th</sup> May 2023  
 5<sup>th</sup> June 2023  
 26<sup>th</sup> June 2023  
 17<sup>th</sup> July 2023