



LUNCH

Week 3

MONDAY

Main 1: Chicken Sausage

Main 2: Vegetarian Sausage

Veg: Colcannon Mash Potato, Peas & Carrots

Comes with: Onion Gravy

Dessert: Fresh Fruit

TUESDAY

Main 1: Sweet and Sour Chicken

Main 2: Sweet and Sour Tofu

Veg: Broccoli

Comes with: Noodles

Dessert: Fresh Fruit

WEDNESDAY

Main 1: Rigatoni Pasta Bake

Main 2: Cauliflower Mornay

Veg: Mixed Salad

Comes with: Garlic Bread

Dessert: Fresh Fruit

THURSDAY

Main 1: Jerk Chicken

Main 2: Italian lasagne

Veg: Peas, Plantain & Mixed Peppers

Comes with: Basmati Rice

Dessert: Fresh Fruit

FRIDAY

Main 1: Battered Fish/Pizza

Main 2: Quiche Lorraine

Veg: Mushy Peas, Cajun Potato Wedges

Comes with: Chips & Tartare sauce

Dessert: Fresh Fruit

Or! how about...

Jacket Potato with beans/cheese or filling of the day