

## Sample Menu

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	Homemade Chicken and Vegetable Casserole served with Rice	Homemade Vegetable Moussaka served with Pitta Bread Sticks	Fish Fingers with Boiled Potatoes served with Peas and Sweetcorn	Homemade Turkey Stir Fry served with Noodles	Homemade Beef Lasagne served with Garlic Bread
<b>Vegetarian Option</b>	Vegetable and Lentil Casserole served with Rice	Vegetable Pasta Bake Served with a variety of Vegetables	Vegetable Fingers and Boiled potatoes served with Peas and Sweetcorn	Homemade Vegetable Stir Fry served with Noodles	Homemade Vegetable Lasagne served with Garlic Bread
<b>Pudding</b>	Natural Yoghurt with Honey	Mandarin and custard	Fromage Frais	Chocolate Brownie with a Dream Topping	Fresh Fruit Salad
<b>Tea</b>	Toasted Muffins with butter, jam or marmite Fresh Fruit	Hot Dogs served with Tomato Sauce Fresh Fruit	Teacakes with Butter served with Fresh Fruit	A selection of Sandwiches filled with Ham, Chicken or Cheese served with Salad	Baked Potato, Butter served with Salad
<b>Vegetarian Option</b>		Quorn Hot Dogs served with Tomato Sauce Fresh Fruit			