# MENU WEEK 3

**SERVED W/C**

2nd Nov | 23rd Nov | 14th Dec | 4th Jan | 25th Jan
15th Feb | 8th Mar | 29th Mar

Hutchison

THE FOOD EXPLORERS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Main Meal OPTION 1 | Mixed bean bolognaise with penne pasta | Vegetable sausages with mashed potatoes & gravy | Vegetable pastry with roast potatoes & gravy | Cauliflower & chickpea korma with rice | Vegan sausage roll, chips & tomato ketchup |
| Main Meal OPTION 2 | Beef bolognaise with penne pasta | Pork sausages with mashed potatoes & gravy | Roast chicken breast, roast potatoes & gravy | Chicken korma with rice | Fish fingers, chips & tomato ketchup |
| Veggies | Green beans & sweetcorn | Peas & carrots | Broccoli & roasted carrots | Tomato, cucumber & carrot salad | Baked beans |
| Sandwiches | Ham<br>Cheese<br>or Tuna mayo | Ham<br>Cheese<br>or Tuna mayo | Ham<br>Cheese<br>or Tuna mayo | Ham<br>Cheese<br>or Tuna mayo | Cheese<br>or Tuna mayo |
| Sweet Treats | Lemon shortbread | Orchard crumble with custard | Raspberry jelly & mandarins | Chocolate & orange brownie | Sliced fruit selection |

## Available Every Day –

Crunchy Colourful Salad Bar
Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit, Jelly or Yoghurt

**KEY**

Vegan
Vegetarian
Wholegrain
Added Chickpeas
Added Lentils
Made with Pea Protein
Nutritionist's Choice