

<b>Week 3 w/c 19/9/2022</b>	<b>Monday 19 September</b>	<b>Tuesday 20 September</b>	<b>Wednesday 21 September</b>	<b>Thursday 22 September</b>	<b>Friday 23 September</b>
<b>Main Choice 1</b>	<b>Sticky BBQ Chicken</b>  Served on a bed of fried egg noodle stir fry, with roasted sweetcorn and prawn crackers on the side	<b>American Hot Dog</b>  100% pork frankfurters served in a bun with fried onions, tomato ketchup and roasted potato wedges	<b>Roast Chicken</b>  Roasted deboned chicken thighs, served with fresh roast potatoes, homemade gravy and seasonal vegetable	<b>Bolognaise Pasta</b>  Lean beef mince in a South African bolognaise sauce served with penne pasta and garlic bread on the side	<b>Jumbo Fish Fingers</b>  Served with chips and garden peas
<b>Main Choice 2</b>	<b>Vegetable Stir Fry</b>  Stir fried vegetables served on a bed of egg noodles, with prawn crackers and roasted sweetcorn	<b>Vegetarian American Hot Dog</b>  Quorn sausages served in a bun with fried onions, tomato ketchup and roasted potato wedges	<b>Vegetarian Sausage Roll</b>  Linda McCartney sausage wrapped in short crust pastry, served with fresh roast potatoes, homemade gravy and seasonal vegetables	<b>Tomato &amp; Basil Pasta</b>  Homemade tomato and basil sauce, tossed in penne pasta, served with garlic bread	<b>Cheese &amp; Onion Quiche</b>  Creamy Cheese, onion and spinach baked in a savoury tart pastry
<b>Jacket Potato</b>	<b>Jacket Potato</b> served with a choice of Tuna, Baked Beans, Cheese or Ham	<b>Jacket Potato</b> served with a choice of Tuna, Baked Beans, Cheese or Ham	<b>Jacket Potato</b> served with a choice of Tuna, Baked Beans, Cheese or Ham	<b>Jacket Potato</b> served with a choice of Tuna, Baked Beans, Cheese or Ham	<b>Jacket Potato</b> served with a choice of Tuna, Baked Beans, Cheese or Ham
<b>Salads &amp; Vegetables</b>	All our main dishes are accompanied with a selection of freshly made salads and seasonal vegetables				
<b>Desserts</b>	A selection of cut and whole fruit, jelly and yogurts are available daily. On Tuesdays and Thursdays, a sweet treat will also be offered				