



WEEKLY MEAL PLANNER: WEEK 3 (w/c 17th Sept, 8th Oct, 5th Nov, 26th Nov, 17th Dec)

- All meal choices are **homemade**, from scratch by our chefs using high quality raw ingredients that are unprocessed and where applicable, seasonal. All Milk products are made with organic milk
- All meat products are Red Tractor accredited
- All fish products are M.S.C accredited

	Main Course	Vegetarian Option	Served With	Dessert
MONDAY	Tuna Pasta Bake Homemade Bread	Quorn Chicken Stir-Fry in Sweet Chilli Sauce	Noodles Mixed Vegetables Salad & Coleslaw	Syrup Sponge & Fresh Milk Custard Fresh Fruit Salad Yoghurt
TUESDAY	Roast Chicken & Gravy	Veggie Sausage & Gravy	Roast Potatoes Diced Carrot & Swede	Cranberry & Chocolate Chip Cookie Fresh Fruit Salad Yoghurt
WEDNESDAY	Meatballs in Arrabiata Sauce with Organic Pasta and Homemade Bread	Veggie Tacos & Sour Cream	Potato Puffs Cauliflower	Caribbean Sponge & Fresh Milk Custard Fresh Fruit Salad Yoghurt
THURSDAY	Pork Casserole with Homemade Bread	Red Cheddar & Onion Flan	Seasoned Wedges Broccoli	Organic Milk Rice Pudding with Fruit Compote Fresh Fruit Salad Yoghurt
FRIDAY	MSC Battered Fish	Cheese & Tomato Pizza	Chips Peas Sweetcorn	Parkin with an Orange Segment Fresh Fruit Salad Yoghurt