

# Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Veggie Burritos With Tomato Salsa	Tarragon & Lemon Chicken <small>Made with Farm Assured Meat</small>	Sausage Spinach and Gnocchi <small>Made with Farm Assured Meat</small>	Gammon and Egg <small>Made with Farm Assured Meat</small>	Roasted Greek Style Fish <small>Made with MCS fish</small>
Vegetarian Main Meal	Veggie Burritos With Tomato Salsa	Vegetable Fricassee	Vegi Casserole & Gnocchi	Baked Aubergine	Greek Style Vegetables
Served with	Couscous Nachos	Rice Green Beans	Swede Carrots	Chips Peas	New potatoes
Soup of the Day	Leek & Potato	Carrot & Coriander	Tomato & Basil	Minestrone	Creamy Mushroom
Main Pudding	Ice cream with chocolate topping and Sprinkles	Strawberry Cheesecake	Blackberry & Apple Crumble	Lemon Pudding	Cornflake Tart
Snack Pudding	Fresh Fruit Salad Yoghurts	Fresh Fruit Salad Yoghurts	Fresh Fruit Salad Yoghurts	Fresh Fruit Salad Yoghurts	Fresh Fruit Salad Yoghurts



Gluten Free, Dairy Free  
and Vegan Options  
available daily

