

Lunch Time Main Meals – week commencing: Cycle 3 2016

| MAIN COURSE £2.60. DESSERT 85p. TWO COURSE MEAL DEAL £2.90. | | | | |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Shepherd's Pie (GF) Cabbage / Baked Root Vegetables Gravy | Chicken Balti (GF) Rice / Naan Green Beans / Sweetcorn | Steak Pie Roast Potatoes / Mashed Potatoes / New Potatoes Sliced Carrots / Broccoli Gravy | Battered Fish Fillet, Tartar Sauce & Lemon Chipped Potatoes / New Potatoes Mushy Peas / Garden Peas | Paprika Pork (GF) Rice / Jacket Potato Sliced Carrots / Green Beans |
| Cheese and Caramelised Onion Quiche Jacket Potato / New Potatoes Baked Beans / Baked Root Vegetables / Mixed Salad | Quorn, Tomato & Basil Tagliatelle Green Beans / Sweetcorn Mixed Salad | Quorn Sausage Toad in the Hole Roast Potatoes / Mashed Potatoes / New Potatoes Carrots / Broccoli Vegetarian Gravy | Quorn & Vegetable Curry (GF) Chipped Potatoes / Naan Bread Garden Peas / Sweetcorn | Macaroni Cheese Sliced Carrots / Green Beans |
| <i>A choice of <u>ONE</u> from the following selection:</i> Fresh Fruit, Fruit Jelly, Fruit Salad or the Dessert of the Day | | | | |
| Steamed Apple & Rhubarb Pudding Custard Iced Bun Caramel & Cream Meringue (GF) | Chocolate Marble Sponge Chocolate Sauce Jam & Cream Scone Chocolate Brownie (GF) | Sticky Toffee Pudding Custard Oaty Fruit Cookie Mixed Berry Pot (GF) | Apple Crumble Custard Banana Oaty Muffin Crème Caramel (GF) | Bread & Butter Pudding Custard Cherry Shortcake Mango Panna Cotta (GF) |