

**Date:** Autumn Week 1 – Parkgrove 31/10, 21/11, 12/12, 16/1, 6/2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Event	“Meat Free Monday” Tomato & Basil Pasta with Garlic Bread & Broccoli	Chicken Tikka Masala with Rice & Sweetcorn	Roast Gammon with Creamy Mash Potato, Gravy & Carrots	Pork & Beef Meatballs in a Homemade Tomato Sauce with Pasta & Green Beans	Crispy Battered Fish with Chips & Baked Beans or Peas
Vegetarian Selection	Veggie Sausage with Creamy Mash Potato, Broccoli & Gravy	Margherita Pizza with Potato Wedges & Sweetcorn	Oven Baked Vegetarian Meatballs with Creamy Mash Potato, Gravy & Carrots	Vegetarian Enchiladas with Rice & Green Beans	Cheese Pinwheels with Chips & Baked Beans or Peas
Picnic	Freshly Prepared Filled Soft Bread Roll – (Monday - Cheese, Tuesday - Ham, Wednesday - Tuna Mayonnaise, Thursday - Cheese, Friday - Ham) with Mixed Salad, Healthy Snack, Dessert of the Day or Fresh Fruit				
Jacket Potatoes	Crispy Baked Jacket Potato with a Choice of Fillings, Mixed Salad Dessert of the Day or Fresh Fruit				
Desserts	Oaty Biscuit or Fresh Fruit or Yoghurt	Fruit Pie & Custard or Fresh Fruit or Yoghurt	Fruit In Jelly or Fresh Fruit or Yoghurt	Strawberry buns or Fresh Fruit or Yoghurt	Chocolate Sponge & Custard or Fresh Fruit or Yoghurt

**Available Daily:** Fresh Bread, Water, Fresh Fruit and Yoghurt