

Date: Autumn Week 3 – Parkgrove 14/11, 5/12, 9/1, 30/1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Event	“Meat Free Mondays” Margarita Pizza with Herby Diced Potatoes & Vegetable Sticks	Homemade Beef Bolognaise with Penne Pasta & Broccoli	Roast Chicken with Mash Potatoes, Carrots & Gravy	Chicken Pie with a Golden Puff Pastry Top, New Potatoes & Peas	Crispy Battered Fish with Chips & Baked Beans
Vegetarian Selection	Chickpea & Vegetable Curry with Rice & Vegetable Sticks	Cheese & Potato Pie with Broccoli	Quorn Savoury Mince with Dumplings, Mash Potatoes & Carrots	Creamy Tomato Pasta with Peas	Quorn Dippers with Chips & Baked Beans
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	Apple & Cinnamon Muffin or Fresh Fruit or Yoghurt	Chocolate Crunch or Fresh Fruit or Yoghurt	Fruit in Jelly or Fresh Fruit or Yoghurt	Oaty Fruit Crumble & Custard or Fresh Fruit or Yoghurt	Zesty Lemon Shortbread or Fresh Fruit or Yoghurt

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