

# WEEK THREE

|                               | MONDAY                                                                                                                                                   | TUESDAY                                  | WEDNESDAY                                                          | THURSDAY                                          | FRIDAY                                          |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------|-------------------------------------------------|
| <b>Soup</b>                   | Soup of the Day with freshly made bread                                                                                                                  |                                          |                                                                    |                                                   |                                                 |
| <b>Main</b>                   | 3 Cheese Tomato Pasta Basil Bake                                                                                                                         | Marinated Piri piri Chicken              | Pizza Bar - Your Choice<br>Margherita<br>Peperoni<br>Spicy Chicken | Meatballs in Tomato & Spinach Sauce               | Breaded Fish<br>Fish Fingers<br>Chicken Burgers |
| <b>Vegetarian</b>             | Fusilli Pasta with Nut Free Pesto                                                                                                                        | Halloumi & Jackfruit Piri Piri           | Veggie Gnocchi with Tomato & Basil Sauce                           | Vegetarian meatballs                              | Spicy Bean Burger                               |
| <b>On The Side</b>            | Garlic Bread<br>Broccoli<br>Carrots                                                                                                                      | Spiced Rice<br>Macho peas<br>Pitta Bread | Lattice Fries<br>Sweetcorn<br>Garden Salad                         | Spaghetti Courgette & Aubergine<br>Focaccia Bread | Chips<br>Peas<br>Baked Beans<br>Tartar Sauce    |
| <b>Jacket &amp; Pasta Bar</b> | Daily we provide a selection of the following to compliment our Jacket & Pasta Bar:<br>Baked Beans, Cheddar Cheese, Roasted Tomato Sauce & Chefs Special |                                          |                                                                    |                                                   |                                                 |
| <b>Dessert</b>                | Boost It Brownie                                                                                                                                         | Lemon Drizzle Cake                       | Fruity Flapjack                                                    | Lemon Drizzle Cake                                | Selection of Ice Creams                         |
| <b>Daily</b>                  | Daily we offer a freshly prepared Salad Bar, Natural Yoghurts & Jelly                                                                                    |                                          |                                                                    |                                                   |                                                 |

All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

