

# MAKE GOOD CHOICES

## WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Turkey Meatballs with Crushed Potatoes and a Tomato Sauce	Classic Italian Lasagne served with Garlic Bread	Our Roast of the Day served with all the Traditional Accompaniments Roast Potatoes, Sage and Onion Stuffing and Gravy	Mild Chicken Curry served with Steamed Brown Rice and Garlic Naan Bread	Freshly Baked Fillet of MSC certified Battered Fish with Chips
Vegetarian	Macaroni Cheese Bake	Vegetable Sausages served with Gravy and Creamy Mash	Quorn Roast served with all of the Roast Dinner Trimmings	Vegetable Wholemeal Tortilla Lasagne with Garlic Bread	Baked Vegetable Spring Roll with a Curry Sauce and Chips
Vegetables	Garden Peas and Broccoli	Fresh Carrots and Sweetcorn	Sliced Green Beans and Cauliflower	Roasted Peppers, Sweetcorn and Savoy Cabbage	Garden Peas or Baked Beans
Desserts	Reduced Sugar Banana and Chocolate Cake	Cherry and Sultana Flapjack	Fruit Jelly and Ice Cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				