



Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cook Choice</b> <b>Traditional</b>	<b>Vegetable stir fry</b> <b>Fried Quorn</b>	<b>Jerk Chicken wings</b> Sweet potato curry and rice and beans	<b>Roast chicken in gravy</b> Served with roasted potato, carrot and broccoli and Yorkshire pudding	<b>Jollof rice with garlic chicken</b>	<b>Fish fingers burgers</b> Served with Chips And tartare sauce
<b>Vegetarian choice</b> <b>Halal</b>		<b>Jerk Quorn</b> Sweet potato curry and rice and beans	<b>Roast Quorn in gravy</b> Served with roasted potato, carrot and broccoli and Yorkshire pudding	<b>Jollof rice with garlic Quorn chicken</b>	
<b>Carbs Choice</b> <b>Vegetarian</b>	<b>Jacket Potato</b> Served with: Tuna mayo, Cheese Salad and beans	<b>Jacket Potato</b> Served with: Tuna mayo, Cheese Salad and beans	<b>Jacket Potato</b> Served with: Tuna mayo, Cheese Salad and beans	<b>Jacket Potato</b> Served with: Tuna mayo, Cheese Salad and beans	<b>Jacket Potato</b> Served with: Tuna mayo, Cheese Salad and beans
<b>Weekly Special</b> <b>Alternative</b>	<b>Quorn Meatballs subs</b> <b>Beef meatballs subs</b> Served with salad and coleslaw	<b>Quorn Meatballs subs</b> <b>Beef meatballs subs</b> Served with salad and coleslaw		<b>Quorn Meatballs subs</b> <b>Beef meatballs subs</b> Served with salad and coleslaw	
<b>Dessert</b> <b>Dessert</b>	<b>Cherry shortbread</b> Cheese and crackers Mix yogurt Fresh slice fruit	<b>Cornflake tart</b> Cheese and crackers Mix yogurt	<b>Chocolate biscuit</b> Cheese and crackers Mix yogurt Fresh slice fruit	<b>Ice sponge cake</b> Cheese and crackers Mix yogurt Fresh slice fruit	<b>Fruit jelly</b> Cheese and crackers Mix yogurt Fresh slice fruit