

**Menu for Week 3****September/October 2017**

<b>Weeks commencing</b>	<b>11<sup>th</sup> September &amp; 2<sup>nd</sup> October</b>			
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Option (Red band)</b>				
Macaroni cheese & garlic bread <b>v, c</b>	Organic beef burger with BBQ sauce in a bun & potato wedges	Roast British turkey, roast potatoes & gravy	Organic beef lasagne <b>c</b>	Breaded fish fillet & chips
<b>Vegetarian Option (Green band)</b>				
Sweet potato curry & rice <b>v</b>	Southern style veggie burger in a bun & potato wedges <b>v</b>	Quorn fillet & roast potatoes <b>v</b>	Cheese & potato pie <b>v, c</b>	Mexican vegetable stack <b>v</b>
<b>Jacket Potato / Pasta Option (Yellow band)</b>				
Jacket potato with tuna and/or cheese and/or baked beans <b>c</b>	Jacket potato with cheese and/or baked beans <b>v, c</b>	Jacket potato with cheese and/or baked beans <b>v, c</b>	Jacket potato with cheese and/or baked beans <b>v, c</b>	Cheese & tomato pasta <b>v, c</b>
<b>Vegetables (a salad cart is also available every day)</b>				
Broccoli & carrots	Sweetcorn coleslaw & baked beans	Cabbage & mixed vegetables	Peas & carrot batons	Sweetcorn & broccoli
<b>Dessert (yoghurt is also available as an alternative dessert)</b>				
Apple crumble & custard <b>v</b>	Oatflake shortbread & glass of milk <b>v</b>	Fruit salad & crème fraiche <b>v</b>	Banana muffin <b>v</b>	Butterscotch tart & crème fraiche <b>v</b>

**v** = suitable for vegetarians**c** = contains cheese