

Grow

FUEL FOR YOUNG MINDS

WEEK 3 MENU

MONDAY

Cheese & Tomato Pinwheel (V)
with Dry Roasted Potato
Wedges (Vg)

Chinese-Style Egg Rice (V)

Served with Seasonal
Vegetables (Vg)

Shortbread (Vg)



TUESDAY

Beef Burger in a Bun

Plant Burger in a Bun (Vg)

Served with Dry Roasted
Potato Wedges and Seasonal
Vegetables (Vg)

Chocolate Brownie (V)



WEDNESDAY

Roast Chicken

Roast Quorn Fillet (V)

Served with Roast Potatoes,
Gravy and Seasonal
Vegetables (Vg)

Pineapple Upside Down Cake (V)



THURSDAY

Chicken Tikka Masla

Golden Chickpea Curry (Vg)

Served with Fluffy Rice and
Seasonal Vegetables

Dutch Apple Pie with Custard (V)



FRIDAY

Fish Fingers or Salmon Fish Fingers

Margherita Pizza (V)

Served with Oven Chips, Garden Peas
and Baked Beans (Vg)

Fruity Friday



DAILY ALTERNATIVES

Either Pasta with Tomato & Basil or Pesto Sauce
or Jacket Potato topped with either Baked Beans,
Cheese or Tuna Mayonnaise



CHOICE OF SANDWICHES

Cheese, Ham, Tuna Mayonnaise, or Egg Mayonnaise.
Choice of Freshly Baked Bread, Salad Bar, Fresh Fruit,

