

WOODBANK WINTER MENU - WEEK 1

Available Week Beginning:
11th November, 2nd December

	OPTION ONE	OPTION TWO	PUDDING
Mon	Crispy Crumbed Fish <i>Served with oven baked chips & peas</i>	Veggie Burger <i>Served in a soft burger bun with oven baked chips and beans</i>	Creamy Rice Pudding & Mixed fruit compote (V) (GF) Or Yoghurt or fresh fruit
Tues	Chicken Stir Fry <i>Chicken breast cooked with noodles, stir fry vegetables in a chow mein sauce</i>	Cheese and Onion Pie <i>Served with vegetables and gravy</i>	Apple flapjack and custard Or Yoghurt or fresh fruit
Weds	Roast of the Day (GF) <i>Served with mashed potato, roast potatoes and seasonal vegetables</i>	Roast Quorn fillet(V) <i>Served with mashed potato, roast potatoes and seasonal vegetables</i>	Soft bake cookie and a smoothie ice cream Or Yoghurt or fresh fruit
Thurs	Beef Chilli con carne & jacket potatoes	Veggie Mince Beef Burrito (V) <i>Mexican style veggie mince, cheese and rice served in a tortilla wrap</i>	Biscoff Cheesecake Or Yoghurt or fresh fruit
Fri	<i>(Gluten free available)</i> Homemade Margherita Pizza(V) <i>Served with oven baked chips and beans</i>	Salmon Fillet (V) (GF) <i>Served with fresh vegetables and mash potato</i>	A Selection of Home Baking Or Yoghurt or fresh fruit

- All meals are served with water
- Fresh fruit and vegetables available daily
- Special diets catered for
- Other food options are available