

WOODBANK WINTER MENU - WEEK 3

Available Week Beginning:

4th November, 25th November, 16th December

	OPTION ONE	OPTION TWO	PUDDING
Mon	Breaded Fishcake <i>Served with oven baked chips and broccoli florets</i>	Jacket Potato (V) <i>Served with cheese or baked beans</i>	Ice cream and a wafer Or <i>Yoghurt or fresh fruit</i>
Tues	Pasta Bolognaise <i>Served with garlic bread</i>	Meatless meatball pasta bake <i>Served with garlic bread</i>	Chocolate Mousse Or <i>Yoghurt or fresh fruit</i>
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>	Carrot Cake Or <i>Yoghurt or fresh fruit</i>
Thurs	Chicken Egg Fried Rice <i>Served with Chinese curry sauce and prawn crackers</i>	Quorn Chicken Curry <i>Served with basmati rice and flatbread</i>	Flapjack & Custard (V) Or <i>Yoghurt or fresh fruit</i>
Fri	<i>(Gluten free available)</i> Homemade Margherita Pizza <i>Served with oven baked chips and beans</i>	Salmon Fillet <i>Served with fresh vegetables and mash potatoes</i>	A selection of Home Baking Or <i>Yoghurt or fresh fruit</i>

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