

WOOD BANK WINTER/SPRING 25 MENU- WEEK 1

OPTION ONE

OPTION TWO

PUDDING

Available Week Beginning:
13th January, 3rd February, 3rd March, 24th March

Mon	<p>Fish Fingers <i>Breaded Fish Fingers Served with Garden Peas and Oven Chips</i></p>	<p>Veggie Meatball Sub (V) <i>Vegetarian Meatballs in a Homemade Tomato Sauce with Cheddar Cheese Served in a Bread Roll</i></p>	<p>Rice Pudding (V) (GF) <i>Or Yoghurt Or Fresh Fruit</i></p>
Tues	<p>Quorn Mince Nachos(V) <i>Veggie Mexican Style Mince Served with Tortilla Chips and Cheese, Guacamole and Salsa</i></p>	<p>Sticky Teriyaki Salmon (GF) <i>Salmon Fillet Served with Basmati Rice and Green Beans</i></p>	<p>Chocolate Cornflake Cake (V) <i>or Yoghurt or Fresh Fruit</i></p>
Wed	<p>Roast Of The Day (GF) <i>Served with Mashed Potato, Roast Potatoes and Seasonal Vegetables</i></p>	<p>Roast Quorn Fillet(V) <i>Served with Mashed Potato, Roast Potatoes and Seasonal Vegetables</i></p>	<p>Lemon Drizzle (V) <i>or Yoghurt or Fresh Fruit</i></p>
Thurs	<p>Pasta Bolognese <i>Topped with Cheese and Served with Garlic Bread</i></p>	<p>Veggie Burger (V) <i>Served in a Burger Bun with Oven Chips and Ketchup</i></p>	<p>Chocolate Fudge Sponge And Custard(V) <i>Or Yoghurt Or Fresh Fruit</i></p>
Fri	<p><i>(Gluten Free Available)</i> Cheese And Tomato Pizza(V) <i>Served With Chips and Beans</i></p>	<p>Jacket Potato (V) (GF) <i>Served with Beans, Cheese and or Tuna</i></p>	<p>Shortbread Biscuits <i>or Yoghurt or Fresh Fruit</i></p>

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