

WOOD BANK WINTER/SPRING 25 MENU - WEEK 2

OPTION ONE

OPTION TWO

PUDDING

Available week beginning:
20th January, 10th February, 10th March, 31st March,

Mon	<p>Fish And Chips <i>Battered Oven Cooked Cod Served with Garden Peas and Oven Chips</i></p>	<p>Quorn Dippers (V) <i>Served with Garden Peas and Oven Chips</i></p>	<p>Mousse (V) or <i>Yoghurt or Fresh Fruit</i></p>
Tues	<p>Chicken Fajitas <i>Mexican Spiced Chicken and Peppers in a Tortilla Wrap</i></p>	<p>Jacket Potato <i>with Coleslaw, Salad and Cheese (V)</i></p>	<p>Chocolate Drop Biscuit (V) or <i>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>Strawberry Cream Cake (V) or <i>Yoghurt or Fresh Fruit</i></p>
Thurs	<p>Beef Keema And Rice <i>Minced Beef and Peas Cooked in Indian Spices Served with Rice and a Naan Bread</i></p>	<p>Veggie Sausage Roll (V) <i>Homemade Quorn Sausage Roll Served with Baked Beans</i></p>	<p>Chocolate Sponge And Mint Custard(V) or <i>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>Salmon, Veg And Rice (V) (Gf) <i>Served with Beans, Cheese and or Tuna</i></p>	<p>Ice Cream Tub or <i>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