

# WOOD BANK WINTER/SPRING 25 MENU - WEEK 2

OPTION ONE

OPTION TWO

PUDDING

Available week beginning:  
13<sup>th</sup> January, 3<sup>rd</sup> February, 3<sup>rd</sup> March, 24<sup>th</sup> March,  
28<sup>th</sup> April

	OPTION ONE	OPTION TWO	PUDDING
Mon	<p><b>Fish And Chips</b> <i>Battered Oven Cooked Cod Served with Garden Peas and Oven Chips</i></p>	<p><b>Quorn Dippers (V)</b> <i>Served with Garden Peas and Oven Chips</i></p>	<p><b>Mousse (V)</b> <i>or Yoghurt or Fresh Fruit</i></p>
Tues	<p><b>Chicken Fajitas</b> <i>Mexican Spiced Chicken and Peppers in a Tortilla Wrap</i></p>	<p><b>Jacket Potato</b> <i>with Coleslaw, Salad and Cheese (V)</i></p>	<p><b>Chocolate Drop Biscuit (V)</b> <i>or Yoghurt or Fresh Fruit</i></p>
Wed	<p><b>Roast Of The Day (Gf)</b> <i>Served with Mashed Potato, Roast Potatoes and Seasonal Vegetables</i></p>	<p><b>Roast Quorn Fillet(V)</b> <i>Served with Mashed Potato, Roast Potatoes and Seasonal Vegetables</i></p>	<p><b>Strawberry Cream Cake (V)</b> <i>or Yoghurt or Fresh Fruit</i></p>
Thurs	<p><b>Beef Keema And Rice</b> <i>Minced Beef and Peas Cooked in Indian Spices Served with Rice and a Naan Bread</i></p>	<p><b>Veggie Sausage Roll (V)</b> <i>Homemade Quorn Sausage Roll Served with Baked Beans</i></p>	<p><b>Chocolate Sponge And Mint Custard(V)</b> <i>or Yoghurt or Fresh Fruit</i></p>
Fri	<p><i>(Gluten Free Available)</i> <b>Cheese And Tomato Pizza(V)</b> <i>Served with Chips and Beans</i></p>	<p><b>Salmon, Veg And Rice (V) (Gf)</b> <i>Served with Beans, Cheese and or Tuna</i></p>	<p><b>Ice Cream Tub</b> <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