

WOODBANK WINTER/SPRING MENU- WEEK 3

OPTION ONE

OPTION TWO

PUDDING

Available week beginning:
20th January, 10th February, 10th March,
31st March, 5th May

Mon	<p>Fishcake <i>Breaded Fishcake Served with Garden Peas and Oven Chips</i></p>	<p>Broccoli And Red Pepper Quiche (V) <i>Served with Baked Beans</i></p>	<p>Jelly & Fruit (V) (GF) <i>or</i> <i>Yoghurt or Fresh Fruit</i></p>
Tues	<p>Quorn Sweet And Sour (V) <i>Quorn Pieces in a Sweet and Sour Sauce Served with Fluffy Rice</i></p>	<p>Tuna And Sweetcorn Wrap <i>Served with Salad and Sweet Potato Fries</i></p>	<p>Jam Biscuits (V) <i>or</i> <i>Yoghurt or Fresh Fruit</i></p>
Weds	<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>Flapjack (V) <i>or</i> <i>Yoghurt or Fresh Fruit</i></p>
Thurs	<p>Beef Lasagna <i>Served with Garlic Bread and Salad</i></p>	<p>Veggie Sausage and Cheese Brunch Patty (V) <i>Vegetarian Sausage Patty served in an English Muffin with Cheese served with Hash Browns</i></p>	<p>Eton Mess (V) <i>or</i> <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>Jacket Potato (V) (GF) <i>Served Beans, Cheese and or Tuna</i></p>	<p>Cinnamon Rolls (V) <i>or</i> <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*