

WOOD BANK WINTER/SPRING 26 MENU- WEEK 1

OPTION ONE

OPTION TWO

PUDDING

Available Week Beginning:
5th January, 26th January, 16th February, 9th March

Mon	Salmon and Dill Cakes (GF) <i>Served with Garden Peas and Sweet Potato Fries</i>	Jacket Potato (GF, DF, V,VE) <i>Served with a Choice of Fillings and Salad</i>	Strawberry Mousse <i>Or</i> <i>Yoghurt Or Fresh Fruit</i>
Tues	Chicken Tikka Curry <i>Served with Fluffy Yellow Rice and Naan Bread</i>	Sweet Potato, Spinach and Chickpea Curry (GF,V,VE) <i>Served with Fluffy Yellow Rice and Naan Bread</i>	Lemon Drizzle <i>or</i> <i>Yoghurt or Fresh Fruit</i>
Wed	Roast Of The Day (GF,DF) <i>Served with Mashed Potato, Roast Potatoes and Seasonal Vegetables</i>	Roast Quorn Fillet (V,VE) <i>Served with Mashed Potato, Roast Potatoes and Seasonal Vegetables</i>	Chocolate Chip Shortbread <i>or</i> <i>Yoghurt or Fresh Fruit</i>
Thurs	Cottage Pie (GF) <i>Served with Peas, Baby Carrots and Gravy</i>	Vegetable Lasagna (V) <i>Served with Salad</i>	Cornflake Tart <i>Or</i> <i>Yoghurt Or Fresh Fruit</i>
Fri	<i>(Gluten Free Available)</i> Pepperoni Pizza <i>Served With Chips and Salad</i>	Cheese and Tomato Pizza <i>Served with Chips and Salad</i>	Fresh Fruit Salad <i>or</i> <i>Yoghurt or Fresh Fruit</i>

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