

MEN

NU

SUMMER WK 3

MONDAY

Jerk Chicken Thigh served with rice & peas and a spiced slaw (H)



Jerk Butternut Squash served with rice & peas and a spiced slaw (V)



+ Chocolate Brownies



TUESDAY

Beef Meatballs in a sweet chilli tomato sauce served with pasta and Garlic Bread (H)



Roasted Mediterranean Vegetables in a sweet chilli sauce served with pasta and garlic bread (V)



+ Vanilla Custard and Strawberry tart



WEDNESDAY

Chicken Katsu Curry served on steamed rice with a Spring Roll (H)



Vegetable Nugget Katsu Curry served on steamed rice with a Spring Roll (V)



+ Carrot Cake



THURSDAY

Toad in the Hole served with mashed potato, peas and gravy.



Vegetable Sausage Toad in the Hole with mashed potatoes, peas and gravy (V)



+ Toffee Cake



FRIDAY

Jumbo Fish Fingers served with chips and either beans or mushy peas (H)



Cheese and Onion Slice served with chips and either beans or mushy peas (V)



+ Strawberry Whip topped with whipped cream and fresh strawberries

