

boarders menu.

week 3

meal	monday	tuesday	wednesday	thursday	friday	saturday	sunday
something special							
main	Coated chicken Sticky ribs	Steak pie 'n' mash Chicken pie 'n' mash	Chicken carbonara with tagliatelle Pork melanise	Minute steak, ciabatta, rocket salad	Chip shop... Hand battered fish Battered sausage Chips, mushy peas, pickles, curry sauce	Hot dog with onions	Roast of the Day, Yorkshire Pudding, Stuffing Gravy
vegetarian	Roasted stuffed peppers	Vegetable pie 'n' mash	Tortellini ricotta	Mac 'n' cheese		Vegetable moussaka	Lentil loaf
salad	Make your own salad Varieties of seasonal salads	Make your own salad Varieties of seasonal salads	Make your own salad Varieties of seasonal salads	Make your own salad Varieties of seasonal salads	Make your own salad Varieties of seasonal salads	Make your own salad Varieties of seasonal salads	Make your own salad Varieties of seasonal salads
Salad dressing	Olive oil Balsamic Thousand island Caesars dressing French dressing	Olive oil Balsamic Thousand island Caesars dressing French dressing	Olive oil Balsamic Thousand island Caesars dressing French dressing	Olive oil Balsamic Thousand island Caesars dressing French dressing	Olive oil Balsamic Thousand island Caesars dressing French dressing	Olive oil Balsamic Thousand island Caesars dressing French dressing	Olive oil Balsamic Thousand island Caesars dressing French dressing
vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
dessert	Fresh Fruit Jelly Pots Chocolate sponge pudding	Fresh Fruit Jelly Pots Build your own yogurt bar	Fresh Fruit Jelly Pots Vanilla panna cotta	Fresh Fruit Jelly Pots Raspberry gateau	Fresh Fruit Jelly Pots Lemon sorbet	Fresh Fruit Jelly Pots Rocky road	Fresh Fruit Jelly Pots Baked rice pudding