

M Main meal £2.40. V Vegetarian option £2.40. L. Light £2.05. D Dessert. Wholemeal bread, milk and water available daily. Fresh fruit and yoghurts available daily as a dessert alternative. Packed lunches are also available at £1.95 to be ordered on the day and include a sandwich/roll (ham or cheese), a drink, yoghurt piece of fruit and cake. Exciting salad bar available with all meal choice – varied daily. Salmon is available in the salad bar on Tuesdays week 3.

	Week 1	Week 2	Week 3
Monday 	M. Southern Fried Chicken Drumsticks V. As above with Quorn Chunks Served with vegetables and rice L. Cheese and Tuna on Toast with baked beans D. Tinned fruit and custard	M. Cheese and ham pizza V. Cheese and tomato pizza Served with vegetables L. Jacket potato with spaghetti hoops D. Tinned Fruits and Ice Cream	M. Beef Bolognese with cheese V. Quorn and mixed bean bolognese Served with rice L. Baked Beans on toast D. Chocolate brownie with ice cream
Tuesday 	M. Beef lasagne V. Roasted Vegetable lasagne Served with garlic bread L. Jacket potato with cheese D. Fruit jelly and ice cream	M. Pasta pots with various toppings V. As above with vegetarian options L. Cheese and Ham Toastie D. Fruit Crumble and custard	M. Pasta Pots with various toppings V. As above with vegetarian toppings L. Jacket potato with tuna mayonnaise D. Jam Roly Poly with custard
Wednesday 	M. Roast Turkey. Gravy. V. Cheese Wheels with Tomato sauce Served with roast potatoes and vegetables. L. Baguette Cheese and Ham pizzas D. Bakewell Tart Slice	M. Roast Gammon. Gravy Served with roast potatoes and vegetables. V. Cheese filled tortellini in pasta sauce L. Jacket potato with cheese and beans D. Chocolate mousse and mini cookie	M Roast chicken. Gravy. V. Butternut Squash and Bean Risotto Served with roast potatoes and vegetables. L. Cheese and Ham Toasties D. Iced carrot cake
Thursday 	M. Pasta pots with various toppings V. As above with vegetarian toppings L. Homemade tomato soup and baguette D. Sticky toffee pudding with toffee sauce and custard	M. Pasta pots with various toppings V. As above with vegetarian toppings L. Tuna and cucumber wraps D. Chocolate sponge and chocolate sauce	M. Pasta pots with various toppings V. As above with vegetarian toppings L. Jacket potato with baked beans D. Peach upside down pudding and custard
Friday 	<u>Bag a lunch</u> M. Fish fingers V. Vegetarian nibbles Served with chips, salad and vegetable sticks. Ketchup. L. Turkey baguette D. Chocolate crispie slice	M. All day breakfast sausage, scrambled egg, hash browns, baked beans, bacon V. As above with vegetarian sausages L. Tuna mayonnaise tortilla wrap D. Shortbread slice	<u>Bag a lunch</u> M. Hot dog with pork sausages V. Macaroni cheese bites Served with chips, salad and vegetable sticks. Ketchup. L. Chicken baguette D. Iced topped sponge

Week		1	2	3	1		2	3	1		2	3	1	2
Mon	January	6	13	20	27	February	3	10	24	March	2	9	16	23
Tues		7	14	21	28		4	11	25		3	10	17	24
Wed		8	15	22	29		5	12	26		4	11	18	25
Thu		9	16	23	30		6	13	27		5	12	19	26
Fri		10	17	24	31		7		28		6	13	20	27

Mums to lunch March 18th

This menu is kindly sponsored by Hunters letting agency 58 South Street Exeter EX1 1EE