

Plymouth Grove Week 1



Your Choice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAINS

Chicken/Vegan Sausages
gravy

Lamb meatballs served
with a tomato sauces

Chicken/ Quorn fillet
served with Jalfrezi
sauces

Roasted Chicken Fillet
Yorkshire pudding

Oven Baked Fish squares
Fish Fingers

VEGETARIAN

Red Lentil Dahl and Naan
Bread

Jacket potato vegetable
nugget and beans

Cheese and Tomato
panini

Cheesy Tortellini pasta

Tomato and Basil Pasta

STARCH ITEM

Mashed Potato/ Rice

Egg noodles/ or rice

Rice/ Sliced baked
potato

Roast Potato
Garlic Bread

Chips
Garlic Bread

VEGETABLE

Mixed Vegetables,
Seasonal Salads

Peas/ Carrots
Green salad

Peas
Mixed salad

Mixed Vegetables
Green Salad

Peas
Seasonal Salads

SANDWICH

Tuna Sandwiches

Chicken sandwiches

Sandwiches of the day

Chicken Tikka Wrap

Cheese Sandwiches

DESSERT

Fresh fruit / Fruit pots

Fresh fruit, Cheese
Biscuits

Fresh Fruit ,Fruit yoghurt

Fresh fruit / Fruit salad

Treat Friday