

# Plymouth Grove Week 3



Your Choice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## MAINS

Sweet and Sour Chicken

Chicken Chilli Tacos

Chicken/ Quorn Tikka  
Masala

Beef Burger

Harry Ramsden Fish  
Fish Fingers

## VEGETARIAN

Vegetable Samosa

Vegetable Sausages

Italian Style Mascarpone  
sauces

Macaroni Cheese

Home made Cheese  
Swirl

## STARCH ITEM

Egg Noodles, Rice

Rice

Rice/ Pasta

Baked Potato Waffle  
fries

Potato Fries

## VEGETABLE

Sweetcorn, Grated Car-  
rot

Baked Beans  
Mixed Vegetables

Peas  
Seasonal Salad

Mixed Vegetables  
Coleslaw

Peas  
Green Salad

## SANDWICH

Tuna Sandwiches

Cheese Sandwiches

Sandwiches of the day

Chicken Sandwiches

Chicken Tikka Wrap

## DESSERT

Seasonal Fresh fruit

Fresh fruit  
Cheese Biscuits

Fresh Fruit  
Yogurts

Fresh Fruit

Treat Friday