

## W.N.A.T WEEK 3 MENU

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN DISH</b>	HUNTERS CHICKEN IN BBQ SAUCE	HAND MADE MEATBALLS WITH A RICH GARLIC AND TOMATO SAUCE SERVED WITH SPAGHETTI AND GARLIC BREAD	CHINEESE CHICKEN AND MUSHROOM CHOW MEIN WITH SPECIAL RICE AND PRAWN CRACKERS	ROAST OF THE DAY ROAST PORK LOIN,ROAST TOPSIDE OF BEEF, CHICKEN BREASTSERVED WITH HOMEMADE YORKSHIRE PUDDINGS AND THYME	<u>FISH SHOP DAY</u> BREADED PLAICE, SCAMPI AND FRESH HOME BATTERED COD WITH LEMON AND HOMEMADE TARTARE SAUCE, CHICKEN BREAST NUGGETS
<b>VEGETARIAN</b>	CAULIFLOWER AND BROCCOLI CHEESE BAKE	QUORN MEATBALS IN TOMATO SAUCE SERVED WITH PASTA	TUNA PASTA BAKE WITH MIXED SALAD OR SWEET CHILLI VEGETABLE NOODLES	STUFED FIELD MUSHROOMS	OVEN ROASTED VEGETABLES WITH MIXED LEAVES IN A WHOLE MEAL HOAGGIE ROLL WITH ROOT VEGETABLE CRISPS
<b>TODAYS FRESH VEGETABLES</b>	SWEETCORN AND GREEN BEANS	SWEETCORN	BATON CARROTS AND PEAS	ROAST PARSNIPS, CARROTS, CAULIFLOWER, BROCCOLI	HOMEMADE MUSHY PEAS, GARDEN PEAS
<b>DESERT OF THE DAY</b>	DESERT OF THE DAY	DESERT OF THE DAY	DESRT OF THE DAY	DESERT OF THE DAY	DESERT OF THE DAY
<b>PASTA DISH</b>	PENNE WITH CHOICE OF SAUCES & GLUTEN FREE PASTA AND SAUCE	TWISTS WITH CHOICE OF SAUCES & GLUTEN FREE PASTA AND SAUCE	SHELLS WITH CHOICE OF SAUCES & GLUTEN FREE PASTA AND SAUCE	FARAFELLE WITH CHOICE OF SAUCES & GLUTEN FREE PASTA AND SAUCE	SPAGHETTI WITH CHOICE OF SAUCES & GLUTEN FREE PASTA AND SAUCE
<b>DAILY SPECIALS</b>	GRAB AND SALAD BOXES PLUS SALAD BAR	GRAB AND GO SALAD BOXES PLUS SALAD BAR	GRAB AND GO SALAD BOXES PLUS SALAD BAR	GRAB AND GO SALAD BOXES PLUS SALAD BAR	GRAB AN GO SALAD BOXES PLUS SALAD BAR
<b>POTATOES</b>	SWEET POTATO WEDGES	NEW POTATOES	WEDGES	ROAST POTATOES	CHIPS