

Wristband Menu Week One - 14/11, 5/12, 16/1/12, 6/2, 27/2, 19/3, 30/4

M



Lamb Grill in a Bun

or



(v) Chick Pea and Potato Curry

T



(v) Cheese and Tomato Pizza

or



Chicken Pie with Gravy

W



Sliced Pork in Gravy with Apple Sauce

or



(v) Cheesy Broccoli and Tomato Pasta Bake

T



Honey Roasted Gammon slice

or



(v) Cheesy Omelette

F



Salmon Fillet Nibbles

or



(v) Quorn Pasta Bake

Wristband Menu Week Two - 21/11, 12/12, 2/1/12, 23/1, 5/3, 26/3, 16/4, 7/5

M



Chicken Korma

or



Fish Crunchy

T



**Pork Sausages with
Tomato Ketchup**

or



**(v) Cheesy Pasta with
Crispy Potato Top**

W



Chicken Fillet in Gravy

or



**(v) Spinach Frittata
Omelette**

T



Spaghetti Bolognese

or



**(v) Jacket Potato with
Cheese**

F



Breaded Haddock Fillet

or



**(v) Quorn Sausages
In Gravy**

Monday - Vegetarian Only: Quorn Korma

Wristband Menu Week 3 - 28/11, 9/1/12, 30/1, 20/2, 12/3, 23/4, 14/5

M



Organic Beef Meatballs

or



(v) Cheesy Leek & Potato Pie

T



Fish Fillet Fingers

or



Sweet and Sour Chicken with Egg Noodles

W



Chicken Deli Wrap

or



(v) Tomato Fusilli

T



Pork Loin Steak

or



(v) Pizza Margherita

F



Battered Fish Fillet

or



(v) Cheese and Sweetcorn Flan

Tuesday - Vegetarian Only: Sweet and Sour Quorn