









Elms Menu – Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<p>Savoury Mince & Yorkshire Pudding</p> <p>Jumbo Fish Fingers</p> <p>Stir Fry Vegetables  with noodles</p> <p><i>served with creamed potatoes, peas and sweetcorn or a mixed salad</i></p>	<p>Roast Pork & Stuffing</p> <p>Cornish Pasties</p> <p>Spinach & Feta </p> <p>Cheese Goujons</p> <p><i>served with roast potatoes, carrots and cabbage or a mixed salad</i></p>	<p>Cottage Pie </p> <p>Chicken Kebab & BBQ Sauce</p> <p>Quorn Cottage Pie </p> <p><i>served with cheesy mash potatoes, spaghetti hoops and green beans or a mixed salad</i></p>	<p>Roast Chicken </p> <p>Cheese & Tomato </p> <p>Pasta</p> <p>Vegetable Kievs </p> <p><i>served with new potatoes, broccoli and sweetcorn or a mixed salad</i></p>	<p>Breaded Fish or Fish Fingers</p> <p>Sausage Rolls</p> <p>Vegetable Quiche </p> <p><i>served with potato waffles, peas and baked beans or a mixed salad</i></p>
JACKET POTATO	Cheese or Tuna	Cheese or Tuna	Cheese or Tuna	Cheese or Tuna	Cheese or Baked Beans
SANDWICHES	Selection of fillings	Selection of fillings	Selection of fillings	Selection of fillings	Selection of fillings
PUDDING	<p>Syrup Sponge</p> <p>Fresh Fruit</p> <p>Assorted Yoghurts</p> <p>Cheese & Biscuits</p>	<p>Mousse</p> <p>Fresh Fruit</p> <p>Assorted Yoghurts</p> <p>Cheese & Biscuits</p>	<p>Summer Fruit Crumble</p> <p>Fresh Fruit</p> <p>Assorted Yoghurts</p> <p>Cheese & Biscuits</p>	<p>Choc-Chip Flapjack</p> <p>Fresh Fruit</p> <p>Assorted Yoghurts</p> <p>Cheese & Biscuits</p>	<p>Strawberry Shortbread</p> <p>Fresh Fruit</p> <p>Assorted Yoghurts</p> <p>Cheese & Biscuits</p>



gluten-free



suitable for vegetarians