



WEEK 2 Autumn 2022

FOOD STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUEL STATION	Chick Burger on Bun Wedges Mixed Salad (389 cals)	Chicken in sauce Pasta Sweetcorn/Peppers (225 cals)	Sandwich Day (various fillings and hot/cold choice) (220cals)	Beef Chilli & Rice Garlic Bread (381 cals)	Jumbo Fish Finger Chips & Beans (354cals)
SANDWICH STATION	Sandwiches available on a selection of breads with salad accompaniment. We serve the following fillings every day:- • CHEESE (261 cals) TUNA MAYONAISE (189 cals) COOKED MEAT (158 cals)				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cheese & Bean Wrap (430 cals)		Cheese & Bean Wrap (430 cals)	Cheese & Bean Wrap (430 cals)
FILLING STATION	Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. We serve the following fillings every day:- JACKET POTATO (91cals) BEANS (49cals) CHEESE (57 cals) TUNA MAYONAISE (44 cals) TUNA & CHEESE (101cals) CHEESE & BEANS (106cals)				
DESSERTS	MONDAYS Fresh Fruit (60cals)	TUESDAYS Biscuit (199 cals)	WEDNESDAYS Jelly (23 cals) & Fruit (60cals)	THURSDAYS Biscuit (100 cals)	FRIDAYS Iced Finger (263 cals)
Daily Items:	Salad bar featuring seasonal salads, fruits & a homemade bread selection Milk (58 cals) and Water Cheese & Crackers				
Additional Items:	Cheese & crackers (154 cals) Soreen (91 cals) Soft cheese & breadsticks (152 cals) Yoghurts (92 cals) Apple (90 cals) Pear (57 cals) Orange (48 cals) Banana (145cals)				