



WEEK 3 Autumn 2022

FOOD STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUEL STATION	Cheese Whirl & Chips Beans (335 cal)	Sausage Mash & Peas Yorkshire Pudding (399 cal)	Sandwich Day (various fillings and hot/cold choice) (220cal)	Chicken Curry Sunshine Rice Naan Bread (268 cal)	Fish Fingers Wedges Spaghetti Hoops (343 cal)
SANDWICH STATION	Sandwiches available on a selection of breads with salad accompaniment. We serve the following fillings every day:- • CHEESE (261 cal) TUNA MAYONAISE (189 cal) COOKED MEAT (158 cal)				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cheese & Bean Wrap (430 cal)	Cheese & Bean Wrap (430 cal)	Cheese & Bean Wrap (430 cal)	
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 (91cal) BEANS (49cal) CHEESE (57 cal) TUNA MAYONAISE (44 cal) TUNA & CHEESE (101cal) CHEESE & BEANS (106cal)				
DESSERTS	MONDAYS Fresh Fruit (60cal)	TUESDAYS Biscuit (199 cal)	WEDNESDAYS Ice Cream Tub (127 cal)	THURSDAYS Orange & Lemon Muffins (153 cal)	FRIDAYS Baked Donuts (205 cal)
Daily Items:	Salad bar featuring seasonal salads, fruits & a homemade bread selection Milk (58 cal) and Water Cheese & Crackers				
Additional Items:	Cheese & crackers (154 cal) Soreen (91 cal) Soft cheese & breadsticks (152 cal) Yoghurts (92 cal) Apple (90 cal) Pear (57 cal) Orange (48 cal) Banana (145cal)				