



**WEEK 3 Autumn 2021**

FOOD STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUEL STATION	Chicken Burger in Bun Lettuce & Mayo Chips (418 cal)	Pizza ( Potato Wedges Coleslaw (365cals))	Chicken Curry Brown Rice Mixed Veg Poppadum (254 cal)	Roast Turkey Dinner Boiled Potatoes Carrots and Broccoli Yorkshire Pudding (252cals)	Fish Stars Mash Peas (287cals)
SANDWICH STATION	Sandwiches available on a selection of breads with salad accompaniment. We serve the following fillings every day:- <ul style="list-style-type: none"> <li>CHEESE (261 cal)</li> <li>TUNA MAYONAISE (189 cal)</li> <li>COOKED MEAT (158 cal)</li> </ul>				
	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 (91cals) BEANS (49cals) CHEESE (57 cal) TUNA MAYONAISE (44 cal) TUNA & CHEESE (101cals) CHEESE & BEANS (106cals)				
DESSERTS	MONDAYS Fresh Fruit (60cals)	TUESDAYS Biscuit (199 cal)	WEDNESDAYS Jelly (23 cal) & Fruit (60cals)	THURSDAYS Flapjack (125 cal)	FRIDAYS Biscuit (199 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 (145cals)				