

## WEEK 3 Autumn 2021

Chicken Burger in Bun Lettuce & Mayo Chips (418 cals)  SANDWICH STATION  Sandwiches available on a selection of breads with salad accompaniment. We serve the following fillings every day:-  CHEESE (261 cals)  Chicken Curry Brown Rice Mixed Veg Poppadum (254 cals)  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)  FILLING STATION  Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. We serve the following fillings every day:-  (430 cals)  Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. We serve the following fillings every day:- JACKET POTATO (91 cals)  DESSERTS  MONDAYS  TUESDAYS  WEDNESDAYS  THURSDAYS  FRIDAYS  FRIDAYS  FRIDAYS  FRIDAYS	FOOD STATION MONDAY		TUESDAY		WEDNES		DAY THURS		DAY	FRIDAY		
FUEL STATION  Chips (418 cals)  Coleslaw (365cals))  Mixed Veg Poppadum (254 cals)  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)  Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. We serve the following fillings every day:-  TUNA MAYONAISE (189 cals)  COOKED MEAT (158 cals)  CHEESE (301 cals)  FRIDAY  Cheese & Bean Wrap (430 cals)  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)	Chicken Bu		ger in Bun Pizza (			Chicken Curry		Roast Turkey Dinner		Fish Stars		
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)  MONDAY  TUESDAY  WEDNESDAY  THURSDAY  THURSDAY  FRIDAY  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)	Lettuce & M		Λayo Potato We		edges	Brown Rice		Boiled Potatoes		Mash		
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CHEESE (261 cals)      TUNA MAYONAISE (189 cals)      COOKED MEAT (158 cals)      MONDAY      TUESDAY     WEDNESDAY     THURSDAY     Cheese & Bean Wrap (430 cals)     (430 cals)      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)  COOKED MEAT (158 cals)  FRIDAY  Cheese & Bean Wrap (430 cals)  CHEESE & BEANS (106cals)						(254 cals)		(252cals)				
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DESSERTS   MONDAYS   TUESDAYS   WEDNESDAYS   THURSDAYS   FRIDAYS												
	DESSERTS					_						
		Fresh Fruit (			, ,		cals) & Fruit	Flapjack (125 cals)		Biscuit (199 cals)		
(60cals)					(60cals)							
Daily Items: Salad bar featuring seasonal salads, fruits & a homemade bread selection	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)	Additional Items:											
		Apple (90 cals) Pear (57 cals) Orange (48 cals) Banana (145cals)										