



FARNBOROUGH HILL

WHOLEHEARTEDLY

## Menu - Week Three

(weeks beginning 8 January, 5 February, 11 March)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Beef and vegetable bolognese and fusilli pasta Vegetable lasagne	Chicken fajitas Pepper and courgette fajitas	Szechuan pork Mushroom and beansprout sweet and sour	Roast pork Roast chicken breast Veggie sausage toad in the hole	Battered fish Chicken free Chinese curry
ON THE SIDE	Garlic slice Minestrone vegetables	Jalapeños Lime wedges Sour cream Salsa Mexican rice	Wholegrain rice Spring rolls Chinese style salads	Roast potatoes Carrots and swede Gravy Yorkshire pudding	Chips Peas Mushy peas Chinese curry sauce
DAILY FAVOURITES	Jacket potato with a selection of fillings - Soup of the day - Salad - Sandwiches - Pasta and sauce				
HOT DESSERTS	Syrup sponge and custard	Chocolate chip sponge and chocolate custard	Peach crumble and custard		Cinnamon pinwheels
DAILY SWEET TREATS	Assorted cold desserts - Yoghurt - Fresh fruit				