



# Munchkins

## LET'S MAKE SOME HEALTHY CHOICES



WEEK 3

Monday

Bolognese  
Meatballs  
Penne Pasta

Veggie Burger & Bun   
Onions & Sauce  
Potato Crunchies

Carrot  
Cake

Tuesday

Chicken Pie & Gravy  
Mashed Potatoes  
Carrots & Broccoli

Oven Baked  
Quorn Sausage   
Veg Gravy &  
Mashed Potatoes  
Carrots & Broccoli

Shortbread Finger

Wednesday

Roast Gammon  
Cauliflower Cheese  
Roast Potatoes

Veggie  
Pasta Bake   
Green Salad

Blueberry  
Muffin

Thursday

Minced Beef  
Lasagne  
Garlic Bread  
Mixed Salad

Homemade  
Cheese & Potato Puff   
&  
Baked Beans

Fruit Pots

Friday

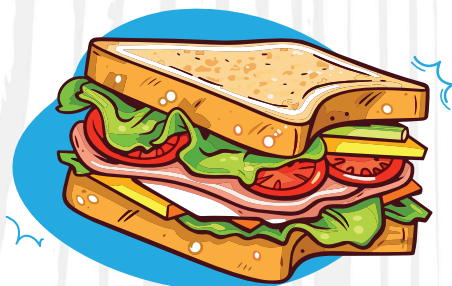
Fishy Friday  
Peas &  
Chipped Potatoes

Smokey Quorn  
& Bean Chilli Rice   
Warm  
Crusty Bread

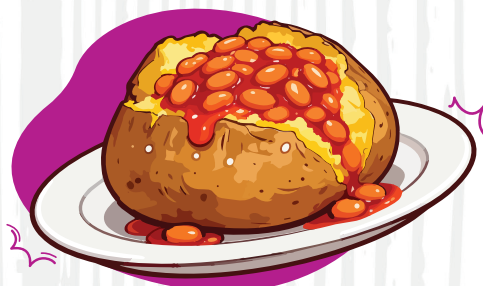
Ginger  
Cookies

AVAILABLE DAILY...

Fresh  
Sandwiches

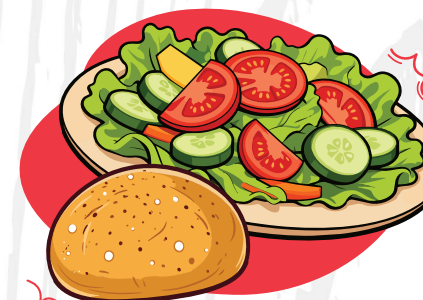


Jacket  
Potatoes



DRINKS:  
Fruit juice,  
Semi skimmed milk  
Fresh water

Salad &  
Fresh Bread



Fat Free Yoghurt  
& Fresh Fruit

