

# Rowner Week One Menu

Week commencing 15th April, 6th May, 3rd June, 24th June, 15th July 2024

## Mindful Meat Free Monday

Red option

Tomato penne pasta served with garlic bread

Green option

Vegan nuggets, served with vegetables and crispy potatoes

## Thinking Tuesday

Red option

Beef & vegetable chilli served with nachos

Green option

Three cheese Quiche served with vegetables and mini jacket potato

## Wonderful Wednesday

Red option

BBQ Cheese & ham pizza, served with oven-baked chips

Green option

Creamy vegetable curry served with mixed white and brown rice

## Traditional Thursday

Red option

Pork sausage roast dinner, served with roast potatoes, vegetables and gravy

Green option

Roast Quorn fillet, served with roast potatoes, vegetables and gravy

## Fun Friday

Red option

Fish fingers, served with green peas or baked beans and oven-baked chips

Green option

Vegetable fingers, served with green peas/baked beans and oven-baked chips

Jacket potatoes are served daily - cheese, beans or tuna mayonnaise