

MAKE

WEEK TWO Silverdale

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal 1	Vegetarian Bolognese	Cheese and Red Onion flan	Shepherdess Pie Topped with Mashed Potato	Vegetable Quesadilla	Deep fried fishcake
Meal 2	A selection of hand held hot snacks	A selection of hand held hot snacks	A selection of hand held hot snacks	A selection of hand held hot snacks	A selection of hand held hot snacks
Vegetarian	Vegetarian Pasta pots	Vegetarian Pasta pots	Vegetarian Pasta pots	Vegetarian Pasta pots	pizza
Vegetables	Cauliflower Garden Peas Baked Beans Mixed Garden Salad	Jacket Wedges Sweetcorn Green Beans Baked Beans Mixed Garden Salad	Mixed Vegetables Green Beans Baked Beans Mixed Garden Salad	Spicy diced Potatoes Broccoli Carrots Baked Beans Mixed Garden Salad	Chipped Potatoes Mushy Peas Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted traybakes, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Fresh Fruit Salad, Cold Drinks				