

# MAKE

## WEEK ONE Silverdale

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal 1	Creamy Macaroni Cheese	Italian Vegetable Lasagne	Cheese Flan	Vegetarian Sausage	Veggie Burger
Meal 2	A selection of hand held hot snack Items	A selection of hand held hot Snack items	A selection of hand held hot Snack items	A selection of hand held hot Snack items	Pizza Selection (V)
Vegetarian	Vegetarian Pasta Pots	Vegetarian Pasta Pots	Vegetarian Pasta Pots	Vegetarian Pasta Pots	
Vegetables	New Potatoes Carrots Garden Peas Baked Beans Mixed Garden Salad	Jacket Wedges Sweetcorn Green Beans Baked Beans Mixed Garden Salad	Spicy diced Potatoes Seasonal Greens Mixed Vegetables Baked Beans Mixed Garden Salad	New Potatoes Sweetcorn Peas Baked Beans Mixed Garden Salad	Chipped Potatoes Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, A selection of Assorted Traybakes, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Fresh Fruit Salad, and Cold Drinks				