

# Rowner Week Three Menu

Week commencing 29th April, 20th May, 17th June, 8th July 2024

## Mindful Meat Free Monday

Red option

Roasted vegetable lasagne, served with salad

Green option

Vegetarian chicken-style burger, served with healthy coleslaw and oven-cooked chips

## Thinking Tuesday

Red option

Chicken pasta bake served with steamed sweetcorn & Peas

Green option

Mexican bean sausage roll, served with steamed sweetcorn & Peas, crispy potatoes

## Wonderful Wednesday

Red option

Creamy Chicken & red lentil curry served with white and brown rice

Green option

Cheese & tomato pizza served with oven-baked chips

## Traditional Thursday

Red option

Sweet chilli glazed beef meatballs served with stir-fried vegetable noodles

Green option

Cheese & vegetarian sausage puff served with vegetable quinoa

## 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 or baked beans and oven-baked chips

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