

Ralphies Winter/Spring 2018/2019 Menu - Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main - Choose one	Pork Sausages with gravy	Lamb Crofters pie and gravy	Roast chicken with stuffing and gravy	Creamy Chicken Curry and Rice	Fish or fish fingers
	Cheese and tomato quiche	Baked pizza wraps	Quorn fillet	Quorn hot-dog	Cheese and Tomato Pizza
Choose one	Mashed Potato	Jacket wedges	Roast Potatoes	Jacket Wedges	Chips
	Pasta	Pasta	Pasta	Pasta	Pasta
as much as you like	Selection of Veg	Selection of Veg	Selection of Veg	Selection of Veg	Selection of Veg
Main	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
	Cheese and Tuna	Cheese and Tuna	Cheese and Tuna	Cheese, beans and Tuna	Cheese and Tuna
as much as you like	Salad Bar and dips	Salad Bar and dips	Salad Bar and dips	Salad Bar and dips	Salad Bar and dips
Main	Selection of rolls and wraps	Selection of rolls and wraps	Selection of rolls and wraps	Selection of rolls and wraps	Selection of rolls and wraps
Choose one	Selection of puddings - jellies, fruit, biscuits, cheese and biscuits.	Selection of puddings - jellies, fruit, biscuits, cheese and biscuits.	Selection of puddings - jellies, fruit, biscuits, cheese and biscuits.	Selection of puddings - jellies, fruit, biscuits, cheese and biscuits.	Selection of puddings - jellies, fruit, biscuits, cheese and biscuits.