

## Ralphies Winter/Spring 2018/2019 Menu - Week 3

|                                    | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|------------------------------------|--|--|--|--|--|
| <b>Main -<br/>Choose<br/>one</b>   | Selection of burgers and fillings                                      | Macaroni cheese with garlic bread                                      | Roast pork with stuffing, apple sauce and gravy                        | Chicken pie with gravy   | Fish or fish fingers   |
|                                    | (beef, chicken or vegetarian burgers)                                  | Sausage meat plait with gravy  | Veggie stir-fry and noodles  | Quorn nuggets  | Cheese and Tomato Pizza  |
| <b>Choose<br/>one</b>              | Jacket wedges  | Mashed potato  | Roast Potatoes   | Mashed potato  | Chips  |
|                                    | Pasta  | Pasta  | Pasta  | Pasta  | Pasta  |
| <b>as much<br/>as you<br/>like</b> | Selection of Veg   | Selection of Veg   | Selection of Veg   | Selection of Veg   | Selection of Veg   |
| <b>Main</b>                        | 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  |
| <b>as much<br/>as you<br/>like</b> | Salad Bar and dips   | Salad Bar and dips   | Salad Bar and dips   | Salad Bar and dips   | Salad Bar and dips   |
| <b>Main</b>                        | 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   |
|                                    |  |  |  |  |  |
| <b>Choose<br/>one</b>              | 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. |
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