

Ralphies Spring/Summer 2018/2019 Menu - Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main - Choose one	Pork Sausages & Gravy Cheese & Tomato Quiche	Sweet and Sour Chicken Brunch Muffin	Roast Turkey with stuffing, apple sauce and gravy Southern Coated Quorn Fillet	Chicken pie with gravy Quorn nuggets	Fish Gougons Cheese and Tomato Pizza or Pepparoni Pizza
Choose one	Mashed Potato Pasta	Potato Wedges Rice & Pasta	Roast Potatoes Pasta	Mashed potato Pasta	Chips Pasta
as much as you like	Selection of Veg	Selection of Veg	Selection of Veg	Selection of Veg	Selection of Veg
Main	Jacket Potatoes Cheese and Tuna	Jacket Potatoes Cheese and Tuna	Jacket Potatoes Cheese and Tuna	Jacket Potatoes Cheese, beans and Tuna	Jacket Potatoes 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.