



October 2020 ELLINGHAM HOT MEALS MENU.

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quorn Sausage with Mash & Gravy	Cottage Pie	Roast Chicken Roast Potatoes & Gravy	BBQ Chicken Pizza	Fish Fingers & Chips
Chickpea & Vegetable Tagine with Couscous	Macaroni Cheese	Roast Quorn Roast Potatoes & Gravy	Margherita Pizza	Quorn Nuggets & Chips
Carrots			Sweetcorn	Peas
Sweetcorn	Vegetable Medley	Vegetables of the Day	Salad	Baked Beans
Pear & Berry Pie with Ice Cream	Pip Organic Ice Lolly	Fruity Flapjack	Carrot Cake	Orange Jelly & Mandarins.
Or Fresh Fruit	Or Fresh Fruit	Or Fresh Fruit	Or Fresh Fruit	Or Fresh Fruit
Or Yoghurt	Or Yoghurt	Or Yoghurt	Or Yoghurt	Or Yoghurt

Menu is subject to change