

Oct 19 LISTER BISTRO MENU WEEK 2

WE  HEALTHY EATING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN CURRY	HOME MADE COTTAGE PIE	HOT DOG	ROAST BEEF AND YORKSHIRE PUDS	BREADED FISH FISH FINGERS FISH STAR
VEGETABLE CURRY	QUORN COTTAGE PIE	QUORN HOT DOG	QUORN FILLET	JACKET POTATOES CHEESE OR BEANS
STEAMED RICE	CRUSTY BREAD	POTATO WEDGES	HOME MADE ROAST POTATOES	CHIPS
STEAMED MIXED VEG	STEAMED PEAS	STEAMED SWEET CORN	CARROTS AND BROCCOLI	BAKED BEANS OR PEAS
MINI BLUBERRY MUFFIN FRUIT BOWL	APPLE SPONGE AND CUSTARD OR FRUIT BOWL	RASPBERRY JELLY OR FRUIT BOWL	ICE CREAM TUB OR FRUIT BOWL	ICED BUN OR FRUIT BOWL