

# LISTER BISTRO MENU WEEK 3

WE  HEALTHY EATING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAUCY MEATBALLS	CHEESY BBQ CHICKEN FILLET	MEATY PIZZA	FRESH GAMMON SLICE	FISH FINGERS FISH STARS OR BREADED FISH
QUORN MEAT BALLS	CHEESY QUORN FILLET	CHEESE PIZZA	QUORN FILLET	JACKET POTATO CHEESE OR BEANS
PASTA TWISTS	STEAMED RICE	POTATO WAFFLES	HOME MADE ROAST POTATOES	CHIPS
STEAMED MIXED VEG	STEAMED GARDEN PEAS	CHOPPED SALAD SWEET CORN	CARROTS & BROCCOLI	BAKED BEANS OR PEAS
ARCTIC ROLL OR FRUIT BOWL	STICKY TOFFEE PUDDING OR FRUIT BOWL	RASPBERRY JELLY OR FRUIT BOWL	OAT RAISIN COOKIE OR FRUIT BOWL	CHOCOLATE FUDGE BROWNIE