**Nov 24 LISTER BISTRO MENU WEEK 1** WE ![C:\Users\Karen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WR0SIVYO\basic-red-heart[1].jpg]() HEALTHY EATING

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MEATBALLS****IN TOMATO****SAUCE** |  **CHICKEN** **CURRY** |  **SELECTION OF****HOME MADE PIZZA** |  **ROAST BEEF****YORKSHIRE PUDS** | **FISH FINGERS** **BREADED FISH** |
| **VEGGIE** **QUORN BALLS** | **VEGGIE****CURRY** | **CHEESE PIZZA** | **QUORN FILLET** | **JACKET POTATO OR CHEESE OMELETTE** |
| **PASTA TWIST** **GARLIC BREAD** | **STEAMED RICE** **NAAN BREAD** | **POTATO****WEDGES** | **ROAST POTATOES** **AND STUFFING** | **CHIPS** |
| **GREEN BEANS****AND PEAS** | **MIXED****VEGETABLES** | **SWEETCORN AND****FRESH SALAD** | **CARROTS****BROCCOLI & SPROUTS** | **BEANS,PEAS****OR CURRY SAUCE** |
| **ARCTIC ROLL OR****FRUIT BOWL** | **STICKY TOFFEE PUD****OR****FRUIT BOWL** | **JELLY****& CREAM OR FRUIT BOWL** | **DOUGHNUTS****OR FRUIT BOWL** | **ICE CREAM****OR FRUIT BOWL** |