**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** |