

LISTER BISTRO MENU WEEK 1

WE  HEALTHY EATING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DOG OR SAUSAGE ROLL	BBQ CHICKEN	SELECTION OF HOME MADE PIZZA	LASAGNE OR BOLOGNAISE	FISH FINGERS BREADED SALMON FISH STAR
VEGGIE HOT DOG OR CHEESE ROLL	VEGGIE BBQ QUORN	CHEESE PIZZA	TUNA PASTA	JACKET POTATO CHEESE OMELETTE OR BURRITO
CURLY FRIES	WHOLEGRAIN RICE OR CHEESY MASH	HASH BROWN BITES	GARLIC BREAD	CHIPS
CORN ON THE COB	STEAMED MIXED VEG	SWEETCORN AND FRESH SALAD	MIXED VEG	BEANS, PEAS OR CURRY SAUCE
ICE CREAM OR FRUIT BOWL	SLICE OF CAKE OR FRUIT BOWL	JELLY & ICE CREAM OR FRUIT BOWL	DOUGHNUTS, WAFFLES, PANCAKES OR FRUIT BOWL	ICE POPS OR FRUIT BOWL