



The
Arnold Centre
for children and families

A Sure Start Children's Centre

MENU

Week 3

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Curry & Rice	Chicken & Vegetable Pie with Green Beans	Tomato Soup & Cheesy Garlic Bread	Tuna Pasta Bake & Beans	Spaghetti Bolognese
*****	*****	*****	*****	*****
Jelly & Ice cream	Ice Cream Roll	Vanilla Sponge & Custard	Jam tarts	Fruit Salad

Tea

Meatballs, Mash potato with Mixed Vegetables & Gravy	Salmon Tagliatelle with Peas & Carrots	Sausage Casserole & Yorkshire Pudding	Pizza & Salad Sticks	Fish Fingers with Potato wedges & Mushy Peas
*****	*****	*****	*****	*****
Fruit Salad	Chocolate Sponge & Custard	Angel Delight	Choc Ices	Mini Muffins

Please note this is a VEGETARIAN menu all "meat" products are Quorn