

**Owls’ Nest**

**CHOICES FOR TEA – ‘SAMPLE’ MENU**

**How does it work?**

* **There are two offerings each day, primarily hot or cold.**
* **Hot options are only available when booked in, one week in advance.**
* **Meal choices available are, no restrictions, vegetarian or vegetarian with chicken.**
* **Cold options are always a wrap, filled with; either cheese, tuna, ham or chicken**
* **Dessert is a choice of yogurt, jelly, fresh fruit and on a Friday there will be a treat such as flapjack on offer**

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| **DAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **WEEK ONE** | **Fish fingers**  **Chips peas** | **Sausages**  **Veggie sausages**  **Crusty bread** | **Tomato Pasta**  **Garlic bread** | **Beans or cheese on toast** | **Pizza**  **Wedges**  **Beans** |
| **WEEK TWO** | **Lasagne with Garlic bread** | **Fish pie**  **Sweetcorn** | **Beans or cheese on toast** | **Vegetable korma with rice** | **Chicken Nuggets**  **Chips**  **Peas** |
| **WEEK THREE** | **Vegetable soup with crusty bread** | **Spaghetti Bolognese** | **Cottage Pie with seasonal veg** | **Fish and chips with peas** | **Burger or veggie burger on a bap**  **Cheese optional** |