



Alpha Menu



	Week 1	Week 2	Week 3
Monday:	Veggie Balls in Tomato Sause and brown rice.	Sausage and Mash with fresh peas and Gravy.	Sweet and Sour Chicken with brown rice.
Tuesday:	Pasta Bolognese, with vegetables and Garlic bread.	Vegetable pasta Bake and Garlic Bread.	Chilli con Carne and rice.
Wednesday:	BBQ chicken with potato wedges.	Italian chicken with brown rice.	Chicken Arrabiata Pasta bake!
Thursday:	Roast beef and Yorkshire pudding and vegetables.	Pork, stuffing and vegetables	Roast turkey, stuffing and vegetables.
Friday:	Fish and Chips with fresh peas.	Vegetable nuggets and carbohydrate of choice.	Cheese and Bacon with sweat potato fries.

High in protein and slow release carbohydrates.



All students are encouraged to drink 2-3 litres of water a day. FREE filter water available.

