



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	VEGGIE CURRY	BANGERS & MASH	BEEF CHILLI	ROAST DINNER	FISH OF THE DAY
	Creamy Vegetable Korma	Butcher's Pork Sausage	Mexican Beef Chilli	Roast Turkey Crown	Breaded Pollock Fillet
MEAT FREE MAIN COURSE	SWEET & SOUR VEG	VEGGIE SAUSAGE	BEAN CHILLI	VEGGIE ROAST	VEGGIE CAKE
	Roast Cauliflower with Sweet & Sour Sauce	Garden Vegetable Sausage	Mexican Butternut Squash & Bean Chilli	Roast Quorn Fillet	Breaded Vegetable Cake
<i>Sides</i>	White Rice & Broccoli	Mashed Potato & Baked Beans	Potato Hash & Sweetcorn	Roast Potatoes, Sliced Carrots & Gravy	Rosemary Potato Wedges & Garden Peas
BREAD	Naan Bread	Baguette Slice	Tortilla Chips	Soft Roll Wedge	Flatbread Finger
ALTERNATIVE MAIN	Jacket Potato with Baked Beans & Cheddar Cheese	Penne Pasta with Homemade Tomato Sauce & Cheddar Cheese	Jacket Potato with Baked Beans & Cheddar Cheese	Penne Pasta with Homemade Tomato Sauce & Cheddar Cheese	Jacket Potato with Baked Beans & Cheddar Cheese
<i>Dessert</i>	Cheddar Cheese & Cream Crackers	Fresh Fruit Salad	Apple Doughballs	Coconut Yoghurt & Oaty Biscuit	Vanilla Ice Cream
FRESH FRUIT	Watermelon Slice	Pineapple Sticks	Galia Melon Wedge	Watermelon Slice	Pineapple Sticks
<i>Packed LUNCH</i>	Egg Mayo & Tomato or Cheddar Cheese & Salad Sandwich	Coronation Chicken & Salad or Cream Cheese & Chive Baguette	Chicken Mayo & Sweetcorn or Cheddar Cheese & Cucumber Sandwich	Honey Roast Ham & Salad or Egg Mayo & Chive Baguette	Tuna Mayo & Cucumber or Cheddar Cheese & Tomato Sandwich
	Cucumber Sticks, Organic Fruit Yoghurt, & Satsuma	Carrot Sticks, Organic Fruit Yoghurt, & Banana	Pepper Sticks, Organic Fruit Yoghurt, & Satsuma	Cucumber Sticks, Organic Fruit Yoghurt, & Banana	Carrot Sticks, Organic Fruit Yoghurt, & Apple