

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (includes potato and two vegetables)	Main meal (includes potato and two vegetables)	Main meal ( includes potato and two vegetables)	Main meal ( includes potato and two vegetables or rice and nan bread)	Main meal (includes chips and peas or beans)
Beef lasagne	Beef and vegetable pie	Roast Ham	Chicken curry with rice and nan bread	Battered Fish
Chicken pie	Chicken breast coated with tomato sauce and cheese	Roast Chicken and stuffing	Cottage Pie	Chicken stir fry with noodles
Cheese and onion omelette	Spiced Quorn with noodles	Quorn mince and gravy		Quorn sausage
New potatoes	Mashed potato	Roast potatoes New potatoes	New potato	Chips
Peas and carrots	Broccoli and sweetcorn	Carrots, cabbage and peas	Peas and carrots	Mushy peas or beans
				Curry sauce or gravy
Chicken Goujons Spiral fries	Jacket potato with fillings	Chicken burger	Jacket potatoes and fillings	
Pizza slice	Beefburger	Pizza slice	Hot dogs	Vegetable Pizza slice
Selection of desserts, muffins, biscuits and fruit	Selection of desserts, muffins, biscuits and fruit	Selection of desserts, muffins, biscuits and fruit	Selection of desserts, muffins, biscuits and fruit	Selection of desserts, muffins, biscuits and fruit