

| <b>WEEK 3</b>           | <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|-------------------------|---|--|---|---|---|
| <b>Main meal</b>        | Lasagne with garlic bread   | Chicken chow mein  | Roast loin of pork with Yorkshire pudding   | Salmon & broccoli pasta   | Breaded chicken mini fillets<br>Battered cod fillet                       |
| <b>Vegetarian</b>       | Vegetable chow mein   | Spanish omelette   | Spicy cous cous with courgette & peppers  | Spinach & cheese quiche   | Pan fried halloumi  |
| <b>Potato/vegetable</b> | New potatoes<br>Garden peas<br>Cauliflower cheese   | Sweetcorn<br>Green beans   | Roast potatoes<br>Green cabbage<br>carrots  | Diced potatoes<br>Broccoli<br>Leeks & peppers                                   | Chips<br>Mushy peas<br>Baked beans  |
| <b>Dessert</b>          |   | Syrup sponge with custard  | Jam roly poly with custard  | Carrot cake with custard  |   |
| <b>Grab &amp; go</b>    | Pasta bar<br><br>Chicken wraps<br>Roasted vegetable wraps<br><br>Sandwiches, baguettes, paninis | Pasta bar<br><br>Cheese & tomato pizza<br>Meat feast pizza<br><br>Sandwiches, baguettes, paninis | Pasta bar<br><br>Baguette filled with roast pork and chipolatas<br><br>Sandwiches, baguettes, paninis | Pasta bar<br><br>Spicy lamb filled pittas<br><br>Sandwiches, baguettes, paninis | Pasta bar<br><br>Chicken flatbreads<br><br>Sandwiches, baguettes, paninis |

