

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Sweet & sour pork	Minced beef & onion cobbler	Roast gammon with Yorkshire pudding	Chicken burger Beefburger	Breaded chicken mini fillets Battered cod fillet
Vegetarian	Vegetable & bean burrito	Cheese, tomato & onion slice	Burmese rice	Couscous with roasted vegetables	Roasted tomato & red pepper lasagne
Potato/vegetable	Cauliflower rice Broccoli Sweetcorn	New potatoes Carrots Green beans	Roast potatoes Green cabbage Pease pudding	Spicy wedges Baked beans	Chips Garden peas Baked beans
Dessert		Jam & coconut sponge with custard	Sticky toffee pudding with custard	Chocolate sponge with custard	
Grab & go	Pasta bar Cheese & tomato pizza Chicken & sweetcorn pizza Sandwiches, baguettes, paninis	Pasta bar Barbeque pulled pork baguette Sandwiches, baguettes, paninis	Pasta bar Sweet chilli chicken wrap Sandwiches, baguettes, paninis	Pasta bar Chicken burger Beefburger Sandwiches, baguettes, paninis	Pasta bar Breaded chicken mini fillets Sandwiches, baguettes, paninis