

## WEEK 3

| 1 Choose from                           | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|--|---|--|
|   | Chicken Arrabiatta                                   | Greek Beef Stew                                      | Roast Chicken & Stuffing                             | Chilli Con Carne  | Cod in Batter  |
| Main                                    | to go with   | to go with   | to go with   | to go with  | to go with   |
|   | Homemade White Bread, Mixed Veg, Pasta               | Green Beans, Mashed Potato                           | Cabbage, Cauliflower, Mashed Potato                  | Mixed Rice, Sweetcorn   | Chips, Peas  |
|   | <b>(</b>   | (A)  | <u> </u>   | ()<br>(*  |  |
|   | Tomato Vegetable Pasta Bake                          | Veggie Sausage<br>Stew                               | Quorn Fillet   | Veggie Chilli   | Quorn Sausages                                       |
| Vegetarian                              | to go with   | to go with   | to go with   | to go with  | to go with   |
| <b>9</b>                                | Mixed Veg  | Green Beans, Mashed Potato                           | Cabbage, Cauliflower,<br>Mashed Potato               | Mixed Rice, Sweetcorn   | Chips, Peas  |
|   |  |  | \$   |   |  |
|   | Jacket Potato  | Pasta  | Jacket Potato  | Pasta   | Jacket Potato  |
| Combo                                   | with choice of fillings                              | with choice of fillings                              | with choice of fillings                              | to go with  | with choice of fillings                              |
|   | Baked Beans, Grated Cheese, Tuna Mayo                | Homemade Tomato & Basil<br>Sauce                     | Baked Beans, Grated Cheese,<br>Tuna Mayo             | Sweetcorn with choice of fillings Homemade Tomato & Basil Sauce | Baked Beans, Grated Cheese,<br>Salmon & Tomato       |
| TEP                                     | Pear Sponge to go with Custard                       | Fruit Pancake &<br>Toffee Sauce                      | Raspberry Ripple Ice-cream Roll                      | Apple Muffins   | Strawberry Iced<br>Smoothie                          |
| and to finish!  Bread and Salad will be | Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly | Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly | Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly | Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly            | Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly |
| available at Lunch Times                |  |  |  |   |  |