

WEEK 3	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Vegetable tikka masala served with 50/50 rice	Beef burger served with baked potato wedges	Chicken casserole served with home made crusty bread rolls	Roast beef and Yorkshire puddings served with roast potato	Sausage and chunky chips
Vegetarian Main dish	Cheese and tomato pin wheels	Vegetable burger served with baked potato wedges	Sweet potato and butternut squash bake	Quorn toad in the hole served with roast potatoes	Quorn nuggets served with chunky chips
Accompaniments	Broccoli and Peas Salad bar	Corn on the cob and carrots Salad bar	Cabbage and cauliflower Salad bar	Peas and sweetcorn Salad Bar	Baked beans and mushy peas Salad bar
Desserts	Chocolate crunch	Homemade rice pudding	Chocolate sponge	Fruit pie and custard	Jelly and fruit
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato	Cheese sandwich	Jacket potato & today's choice of filling	Ham sandwich		Jacket potato & today's choice of filling

