WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Tuna & sweetcorn pasta	All day breakfast	Roast turkey with mashed potato & gravy	BBQ chicken with baked potato wedges	Crispy battered fish & chunky chips
Vegetarian Main dish	Cheese pinwheels with half a jacket potato	Vegetarian chilli with 50/50 rice	Vegetable wellington with mash potato & gravy	Vegetarian pasta bake	Quorn™ nuggets with chunky chips
Accompaniments	Peas & carrots Salad bar	Baked beans & broccoli Salad bar	Green beans & cauliflower Salad bar	Roasted vegetables Salad bar	Peas & sweetcorn Salad bar
Desserts	Rice pudding with fruit compote	Jam & coconut sponge	Fruit cobbler & custard	Spiced apple cake	Oaty biscuit with fresh fruit
Fresh fruit or yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt
Jacket potato	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling

