

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Beef lasagne	Turkey casserole	Chicken and ham pie	Meatballs in tomato sauce	Fish crumble pie
Alternative options	Jacket potato with cheese/baked beans Selection of rolls				
Starchy dishes		Boiled potatoes	Roast potatoes	Spaghetti	
Vegetables	Peas sweetcorn	Cauliflower Green beans	Cabbage Carrots	Peas Green beans	Broccoli Carrots
Desserts	Peaches Custard	Chocolate sponge with mandarins	Carrot cake	Fresh fruit salad	Fruit mousse
Extras	Mixed salad Fruit yoghurt Selection of fresh fruit Bread	Mixed salad Fruit yoghurt Selection of fresh fruit Bread	Mixed salad Fruit yoghurt Selection of fresh fruit Bread	Mixed salad Fruit yoghurt Selection of fresh fruit Bread	Mixed salad Fruit yoghurt Selection of fresh fruit Bread
Drinks	Water	Water	Water	Water	Water