

<b><u>Week 3</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Main meal</u></b>	Country Beef Hotpot with Mashed Potatoes	Chicken in Blackbean Sauce & Rice	Roast Chicken Portion with Roast or Mashed Potatoes	Beef Lasagne & Jacket Wedges.	Oven baked Cod Portion with Chips or Jacket Potato Halves
<b><u>Vegetarian</u></b>	Quorn & Vegetable Stir Fry	Bean Goulash with Pasta Spirals	Vegetable Bolognaise	Creamy Vegetable Korma with pilau rice.	Quorn & Vegetable Hotpot
<b><u>Vegetable/ Salad accompaniments</u></b>	Golden Sweet corn & Green Beans or Seasonal Salad	Baked Beans & Peas or Seasonal Salad	Broccoli Florets & Fresh Cabbage or Seasonal Salad	Sliced Fresh Carrots & Mixed Vegetables or Seasonal Salad	Garden Peas & diced carrots or Seasonal Salad
<b><u>Hot Desserts</u></b>	Crunchy Mixed Fruit Crumble or Fresh Fruit Salad	Mandarin Conde or Fresh Fruit Salad	Apple & Cinnamon Strudel with Custard or Fresh Fruit Salad	Chocolate Bread & Butter Pudding or Fresh Fruit Salad	Pineapple upside down pudding or Fresh Fruit Salad
<b><u>Grab and Go</u></b>	Pizza Selection, Pasta offer wholemeal	Pizza Selection, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)	Pizza Selection, Pasta offer (wholemeal)
	Chicken Jalfrezi with Pilau Rice	Caribbean Beef Curry & Rice	Oriental Turkey Stir Fry & Noodles	Swiss Baked Cottage Pie	Cornish Pasty
	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread	Jacket potato topped with hot and cold fillings. Fresh soup & bread
	Range of sandwiches and salads	Range of sandwiches and salads	Range of sandwiches and salads	Range of sandwiches and salads	Range of sandwiches and salads
<b><u>Additional Desserts/ drinks</u></b>	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks	Yoghurt, jelly and dairy dessert pots, water, fruit juices, Smoothie and milk drinks
	Cakes and biscuits or a choice from our seasonal fruit bowl	Cakes and biscuits or a choice from our seasonal fruit bowl	Cakes and biscuits or a choice from our seasonal fruit bowl	Cakes and biscuits or a choice from our seasonal fruit bowl	Cakes and biscuits or a choice from our seasonal fruit bowl