







MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (meat option)	Cheese & ham pizza with herby diced potatoes and baked beans	Meatballs in tomato sauce with pasta and sweetcorn	Roast turkey with roast potatoes, carrots, peas, Yorkshire pudding and gravy	Chicken tikka masala, rice, naan bread with peas and carrots	Fish and chips served with baked beans
Main Meal (vegetarian)  	Cheese & tomato pizza with herby diced potatoes and baked beans	Vegetarian meatballs in tomato sauce with pasta and sweetcorn	Quorn roast with roast potatoes, carrots, peas, Yorkshire pudding and gravy	Vegetarian curry, rice, naan bread with peas and carrots	Cheese swirls with baked beans
Jacket potato / sandwich option	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection
Dessert selection	Cookie	Jam sponge and custard	Jelly	Chocolate sponge and chocolate sauce	Ice cream
Fresh fruit / Yoghurt  	Fresh fruit Yoghurt	Fresh fruit Yoghurt	Fresh fruit Yoghurt	Fresh fruit Yoghurt	Fresh fruit Yoghurt

 - 1 of your 5 a day

 - healthy option