





MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (meat option)	Homemade lasagne with garlic bread	Beef burger with potato wedges	Roast gammon with creamy mash potato and gravy	Chicken and tomato pasta bake	Fish cake with chunky chips
Main Meal (vegetarian)  	Quorn lasagne with herb bread	Veggie burger with wedges	Quorn Fillet with creamy mash potato and gravy	Tomato and basil pasta	Cheese swirls with chunky chips
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	Oaty jam squares	Lemon cake & custard	Chocolate cookie	Sticky toffee pudding & custard	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