

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet chilli chicken Fish pie with cheddar mash	Minced beef and potato pie Cumberland sausage	Roast pork with stuffing Beef in black bean sauce	Beef bolognaise Mexican chicken tortilla	Homemade Battered Fillet of Cod Chicken Burgers Poached cod with cream and lemon
Quorn and vegetable in sweet and sour sauce	Mushroom and bean stroganoff	Quorn sausage in onion gravy	Quiche (pastry base)	Piri piri veggie burgers
Noodles Steamed Rice	Mashed potatoes Steamed Rice	Roast Potatoes New Potatoes	Spaghetti Steamed Rice	Chunky Chips Steamed Rice
Pasta With Sauce Curry Choice Jacket Potato Assorted Pizza Chicken kebabs Fresh salad & bread	Pasta with Sauce Curry Choice Jacket Potato Assorted Panini's Chicken Joe Wraps Fresh salad & bread	Pasta With Sauce Curry Choice Jacket Potato Assorted Pizza Chicken kebabs Fresh salad & bread	Pasta with sauce Curry Choice Jacket Potato Assorted Panini's Chicken Joe Wraps Fresh salad & bread	Pasta With Sauce Curry Choice Jacket potato Assorted Pizza Assorted Panini's Fresh salad & bread
Carrot roundels Baked Beans Mixed Side Salad	Mixed vegetables Baked Beans Mixed Side Salad	Carrots and broccoli Baked beans Mixed Side Salad	Garden peas and sweet corn Baked Beans Mixed Side Salad	Mushy Peas Baked Beans Mixed Side Salad
Mandarin cheesecake Or Fruit salad with frozen yoghurt	Sticky toffee pudding with custard or Fresh grapes with	Fruit Crumble with Custard Or fruit cookie	Rice pudding with mixed dried fruits Or melon	Fruit Pie With Custard or fresh fruit