WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese Pie & Diced Potatoes	Lasagne	Shredded Chicken Roast Dinner	Sausage and Mash	Cheese Burger
VEGETARIAN DISH	Tomato Pasta	Vegetarian Lasagne	Pasta Bake	Creamy Tomato Pasta	Veggie Burger
SIDE DISH	Sweetcorn Peas Salad Bar	Corn on the Cob Baked beans Salad Bar	Roast Potatoes Green Beans Carrots Salad Bar	Broccoli Slaw Salad Bar	Chunky Chips Beans Peas Salad Bar
DESSERT	Whip	Sticky Toffee Muffins	Cookie	Marble Sponge Cake	lce-Cream
OTHER DESSERT OPTION	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Sandwich Selection or Jacket Potato	Sandwich Selection or Jacket Potato	Sandwich Selection or Jacket Potato	Sandwich Selection or Jacket Potato	Sandwich Selection or Jacket Potato



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)



NUTRITIONIST APPROVED



- MEAT-FREE MONDAY - CHEF'S CHOICE



