	WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MAIN DISH	Chicken and tomato wrap with diced potatoes (Halal available)	Cheese and ham pinwheel With savoury rice	Roast gammon with pineapple and creamy mash potato and gravy	Beef burger with baked potato wedges (Halal available)	Fish cake with chips
	VEGETARIAN MAIN DISH	Chicken style pieces and tomato wrap with diced potatoes	Cheese and onion pinwheel With savoury rice	Quorn fillets with mash potato and gravy	Vegetable lasagne	Vegan sausage with chips
	ACCOMPANIMENTS 5 A DAY	Baked beans	Roasted vegetables	Carrots	Green beans	Peas
THE CONTRACT OF	DESSERTS	Chocolate and pear sponge with custard	Strawberry whip	Rice pudding	Apple pie with custard	Carrot cake
SECTION NO.	FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghur
P. Conting of Party of	JACKET POTATO AND SALAD	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of fillin

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







KEY 5 - 1 OF YOUR 5 A DAY MEAT - MEAT-FREE MONDAY - CHEF'S CHOICE



