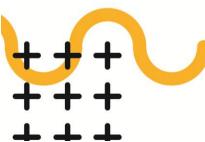


>	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Main Dish	Chicken Tikka Curry with 50/50 rice	Teriyaki Chicken with Noodles	Roast Turkey with Roast Potatoes and Gravy	Cottage Pie	Chicken Fingers or Fish Fingers with Chips and either Curry or Gravy Sauce
	Vegetarian Main Dish	Vegetable Curry with 50/50 rice	Teriyaki – Style Vegetables with Noodles	Mediterranean Vegetable Pasta	Creamy Vegetable and Lentil Pie	Cheese and Bean bake with Chips and either Curry or Gravy Sauce
4	Accompaniments	Salad Bar or Sweetcorn	Salad Bar or Green Beans	Salad Bar or Carrots and Peas	Salad Bar or Mixed Cabbage	Beans and Mushy Peas
	Jacket Potatoes	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo	Freshly cooked Jacket Potatoes, Filled with Beans and Cheese or Tuna Mayo
	Dessert	Fruity Flapjack or Cookies or Shortbread	Blueberry Muffin or Cookies or Shortbread	Mixed Berry Sponge or Cookies or Shortbread	Frosties Cake or Cookies or Shortbread	Chocolate Chip Traybake or Cookies or Shortbread







1 OF YOUR 5 a Day



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE



PLANT-BASED (VEGAN)

