

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	French Bread Pizza	BBQ Beef Chili Rice & Tortilla Corn Chips	Roast Beef & Gravy	Spicy Chicken	Baked Fish with optional sweet chilli sauce on the side
Option 2	Sweet & Sour Vegetables with Quorn and Noodles	Chili Non-Carne Rice & Tortilla Corn Chips	Cheese Quiche	Tomato & Mascarpone Bake with a crunchy herb topping	Veggie sausages
Alternative	Roast Beef or Tuna Baguette tortilla corn chips & mini corn on the cob	Jacket Potato with cheese, baked beans with side salad	Tuna Mayo Wrap tortilla corn chips & mini corn on the cob	Jacket Potato with cheese or tuna mix* with side salad <small>*contains salmon</small>	Coronation Chicken or Coronation Quorn Flatbread tortilla corn chips & mini corn on the cob
Sides	Herby diced potatoes Broccoli Breadbasket	Rice & Tortilla Corn Chips Chips Chunky tomato salsa & Sweetcorn Breadbasket	Mash Potatoes Cabbage & Carrots Baked Beans Breadbasket	Rice & Peas Breadbasket	Chips Baked Beans & Peas Breadbasket
Desserts	Whole & Fresh Cut Fruit Yoghurt	Whole & Fresh Cut Fruit Yoghurt	Whole & Fresh Cut Fruit Yoghurt	Whole & Fresh Cut Fruit Yoghurt	Treat day Friday Assorted Yoghurts Cheese & Crackers

