

WEEK 3



Choose from...

Main

Vegetarian

Combo

...and to finish!

Bread and Salad will be available at Lunch Times

MONDAY

Chicken Fillet Burger

to go with

Coleslaw, Roast New Potatoes with Rosemary

Chickpea & Lentil Dhal

to go with

Vegetable Cous Cous

Pasta

to go with
Green Beans
with choice of fillings
Homemade Tomato & Basil Sauce

Wrap

to go with
Green Beans, Steamed Rice
with choice of fillings
Grated Cheese, Chicken Mayonnaise, Tuna Mayo

Cherry Pie

to go with Custard

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits. Jelly

TUESDAY

Beef Lasagne

to go with

Peas

Smokey BBQ Quesadilla

to go with

Peas, Sunshine Rice

Jacket Potato

to go with

Peas

with choice of fillings
Baked Beans, Grated Cheese, Tuna Mayo

Pasta

to go with

Peas

with choice of fillings

Wrap

to go with

Peas, Sunshine Rice

with choice of fillings

Grated Cheese, Tuna Mayo, Love Joes Chicken Fajita

Apple Flapjack

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly

WEDNESDAY

Roast Chicken

to go with

Broccoli, Carrots, Roast Potatoes, Gravy

Quorn Fillet

to go with

Broccoli, Carrots, Roast Potatoes, Gravy

Pasta

to go with
Broccoli, Carrots
with choice of fillings
Homemade Tomato & Basil Sauce

Wrap

to go with
Broccoli, Carrots, Roast Potatoes
with choice of fillings
Grated Cheese, Ham Salad, Tuna Mayo

Apple Muffins

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly

THURSDAY

Beef Taco Boat

to go with

Mixed Rice, Sweetcorn

Macaroni Cheese

to go with

Mixed Rice, Sweetcorn

Jacket Potato

to go with
Sweetcorn
with choice of fillings
Baked Beans, Grated Cheese, Tuna Mayo

Pasta

to go with
Sweetcorn
with choice of fillings
Homemade Tomato & Basil Sauce

Wrap

to go with
Mixed Rice, Sweetcorn
with choice of fillings
Grated Cheese, Chicken Mayonnaise, Tuna Mayo

Strawberry Iced Smoothie

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly

FRIDAY

Fish Fingers

to go with

Baked Beans, Chips, Peas

Falafel & Spinach Burger

to go with

Baked Beans, Chips

Pasta

to go with

Peas

with choice of fillings

Homemade Tomato & Basil Sauce

Wrap

to go with
Chips, Peas
with choice of fillings
Grated Cheese, Chicken Mayonnaise, Tuna Mayo

Lemon Drizzle Cake

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly

Please speak to a member of the Catering Team or view relishschoolfood.co.uk for Allergen Information