

# WEEK 3



Choose from...

Main

Vegetarian

Combo

2 ...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

Mixed Rice

#### 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 Chicken Mayonnaise, Tuna Mayo

# Fruit Pie

Fresh Fruit Bar, Jelly

## TUESDAY

#### Minced Beef Pasta Bake

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, Tuna Mayo

## Pasta

to go with

Peas

with choice of fillings

Homemade Tomato & Rasil Sauce

## Wrap

to go with
Peas, Sunshine Rice
with choice of fillings
Tuna Mayo, Love Joes Chicken Fajita

## **Apple Flapjack**

Fresh Fruit Bar, Jelly

## WEDNESDAY

## **Roast Chicken**

to go with

Broccoli, Carrots, Roast Potatoes, Gravy

## Big Beans Chilli

to go with

Roast Potatoes

#### 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 Ham Salad, Tuna Mayo

# Fruit Jelly

Fresh Fruit Bar, Jelly

## THURSDAY

#### **Beef Chilli**

to go with

Mixed Rice, Sweetcorn

## Mac N Cheese

to go with

Sweetcorn

#### **Jacket Potato**

to go with
Sweetcorn
with choice of fillings
Baked Beans, 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
Chicken Mayonnaise, Tuna Mayo

# Strawberry Iced Smoothie

Fresh Fruit Bar, 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
Chicken Mayonnaise, Tuna Mayo

Fruit Jelly

Fresh Fruit Bar, Jelly

