WEEK 3

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Cajun Chicken to go with Green Beans, Lime & Coriander Rice	Beef Burger to go with Coleslaw, Potato Wedges	Roast Chicken to go with Carrots, Roast Potatoes, Gravy, Braised Leeks & Peas	Chicken Biryani to go with Sweetcorn	Fish Fingers to go with Baked Beans, Chips, Peas
Vegetarian	Mexican Bean Wrap to go with Green Beans, Lime & Coriander Rice	Beef Burger to go with Coleslaw, Potato Wedges	Big Beans Chilli to go with Carrots, Roast Potatoes, Gravy, Braised Leeks & Peas	Thai Quorn Curry to go with Mixed Rice, Sweetcorn	Falafel & Spinach Burger to go with Baked Beans, Chips, Peas
Combo	Wrap to go with Peas, Steamed Rice with choice of fillings Tuna Mayo, Chicken Mayonnaise	Wrap to go with Cauliflower, Sunshine Rice with choice of fillings Tuna Mayo, Chicken Mayonnaise	Wrap to go with Broccoli, Carrots, Roast Potatoes with choice of fillings Tuna Mayo, Chicken Mayonnaise	Wrap to go with Mixed Rice, Sweetcorn with choice of fillings Tuna Mayo, Chicken Mayonnaise	Wrap to go with Chips, Peas with choice of fillings Tuna Mayo, Chicken Mayonnaise
	Pasta to go with Peas with choice of fillings Homemade Tomato & Basil Sauce	Pasta to go with Cauliflower with choice of fillings Homemade Tomato & Basil Sauce		Pasta to go with Sweetcorn with choice of fillings Homemade Tomato & Basil Sauce	Pasta to go with Peas with choice of fillings Homemade Tomato & Basil Sauce
STEP 2 ...and to finish!	Syrup Sponge	Fresh Fruit Salad	Mango & Orange Iced Smoothie	Strawberry Jelly	Fruit Flapjack
	Fresh Fruit Bar, Jelly	Fresh Fruit Bar, Jelly	Fresh Fruit Bar, Jelly	Fresh Fruit Bar, Jelly	Fresh Fruit Bar, Jelly

Bread and Salad will be available at Lunch Times

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

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