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| **WEEK 3** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main meal** | Chicken Kottu roti | Toad in the hole | Roast chicken with Yorkshire pudding and gravy | BBQ beef meatballs with stir fried egg noodles | Breaded chickenBattered fish fillet |
| **Vegetarian**  | Cauliflower, Brie and rosemary parcel | Jacket filled with cheese and onion  | Macaroni cheese | Vegetable burritos | Halloumi in a burger bun |
| **Potato/vegetable** | Jacket wedgesGreen beans | Rosti potato bitesBroccoli | Roast potatoesCarrotsSprouts | Herb potatoesSweetcorn | ChipsBaked beans |
| **Dessert** | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruit | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruitChocolate sponge with buttercream | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruitBlondie | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruitFlapjack | Assorted pots:Jelly, fresh fruit, granolaCheese and crackersFresh fruit |
| **Grab and go** | Cheese & tomato pizzaPasta potsSandwiches/wrapsbaguettes |  Fajita chicken tacosPasta potsSandwiches/wrapsbaguettes | Hotdogs in a bunPasta potsSandwiches/wrapsbaguettes | PaninisPasta potsSandwiches/wrapsbaguettes | Pasta potsSandwiches/wrapsbaguettes |

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