

<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main meal</b>	Chicken chow mein	Sausage meat plait (in puff pastry)	Roast gammon with Yorkshire puds & gravy	Beef casserole	Breaded chicken  Battered cod fillet
<b>Vegetarian</b>	Butternut pasta bake	Khichdi with flatbread (lentils & rice)	Roasted pesto vegetables in a poppadom basket	Pea & spinach carbonara	Ratatouille & Mozzarella bake
<b>Potato/vegetable</b>	Sliced green beans	Croquette potatoes  Garden peas	Roast potatoes  Carrots Sprouts	Parsley potatoes  Broccoli	Chips  Baked beans
<b>Dessert</b>	Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola  Cheese & crackers Fresh fruit  Chocolate brownie	Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola  Cheese & crackers Fresh fruit  Hot dessert & custard	Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola  Cheese & crackers Fresh fruit  Chocolate oat cake	Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola  Cheese & crackers Fresh fruit  Hot dessert & custard	Assorted pots: Jelly, fresh fruit, mousse, cheesecake, granola  Cheese & crackers Fresh fruit  Iced finger
<b>Grab &amp; go</b>	Cheese & tomato Pizzini  Pasta bar  Sandwiches /wraps baguettes	Hot chicken wrap (½ chicken fillet)  Pasta bar  Sandwiches /wraps baguettes	Panninis  Pasta pots  Sandwiches /wraps baguettes	Jumbo sausage in a roll  Pasta bar  Sandwiches /wraps baguettes	Pasta pots  Sandwiches /wraps baguettes

