

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Chicken & butternut curry with mini naan	Chicken burger Beef burger	Roast chicken	Beef lasagne with garlic bread	Breaded chicken Battered cod
Vegetarian	Vegan chilli con carne	Vegetable burritos	Roasted veg lasagne	Cajun potato, sweet potato & spinach stew	Thai green coconut veg curry & rice
Potato/vegetable	Rice Broccoli	Curly fries Baked beans	Roast potatoes Carrots	Sweetcorn	Chips Baked beans Garden peas
Dessert					
Grab & go	Tomato & cheese pizzini Sandwiches Baguettes	 Sandwiches Baguettes	Panninis Sandwiches Baguettes	Hotdogs Sandwiches Baguettes	 Sandwiches Baguettes

