

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Tikka Marinaded Chicken with Rice	Beef Enchiladas	Roast Pork with Yorkshire Pudding and Gravy	Chicken and Noodles in Black Bean Sauce	Breaded Chicken Battered Fish Fillet
Vegetarian	Veggie Topped Bagel	Cous Cous with Roasted Vegetables	Mushroom Risotto	Cheese, Tomato and Onion Roulade	Vegetable Moussaka
Potato/Vegetable	Sliced Green Beans	Sauté Potatoes Garden Peas	Roast Potatoes Carrots Sprouts	Parsley Potatoes Broccoli	Chips Baked Beans
Dessert	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and Crackers Fresh Fruit Chocolate Cake with Icing	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and Crackers Fresh Fruit Sticky Toffee Pudding and Custard	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and Crackers Fresh Fruit Jam Doughnut	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and Crackers Fresh Fruit Chocolate Chip Cookies	Assorted pots: Jelly, Fresh Fruit, Granola Cheese and Crackers Fresh Fruit Bakewell Tart
Grab and Go	Cajun Loaded Wedges Pasta Pots Sandwiches/Wraps Baguettes	Chicken Nuggets with Sweet Chilli Sauce Pasta Pots Sandwiches/Wraps Baguettes	Nacho Pots Pasta Pots Sandwiches/Wraps Baguettes	Paninis Pasta Pots Sandwiches/Wraps Baguettes	Pasta Pots Sandwiches/Wraps Baguettes