

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal	Plant based bolognese with pasta	Katsu chicken with rice	Roast pork with Yorkshire puds & gravy	Slow roasted pulled brisket of beef	Breaded chicken Battered cod
Vegetarian	Flatbreads topped with onions, peppers & tomato	Tortilla vegetable layer	Cheese & potato roulade	Oriental veg & quorn stir fry	Mixed bean & chickpea hotpot
Potato/vegetable	Cauliflower & broccoli	Mixed veg	Roast potatoes Carrots	Parsley potatoes Sliced green beans	Chips Baked beans Garden peas
Dessert	Cookies Chocolate oat cake	Hot apple slice & custard Brownie	Jam doughnut Flapjack	Hot apple crumble & custard Brownie	Blondie Rice krispie cake
Grab & go	Cheese & tomato pizza Pasta & sauce Sandwiches Baguettes	Loaded wedges Pasta & sauce Sandwiches Baguettes	Panninis Pasta & sauce Sandwiches Baguettes	Jumbo sausage baguette Pasta & sauce Sandwiches Baguettes	 Pasta & sauce Sandwiches Baguettes