	WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MAIN DISH	Vegetarian korma with chicken style pieces and 50/50 rice	Chicken 8 tomato pasta bake	Roast gammon with creamy mash potato & gravy	Beef burger with baked potato wedges	Fish cake served with chips
	VEGETARIAN MAIN DISH	Vegetable tikka masala with 50/50 rice	Quorn™ lasagne with herb bread	Vegan sausage & mash potato with gravy	Vegetable chow mein	Crispy vegetable fingers with chunky chips
	ACCOMPANIMENTS 5	Peas & broccoli Salad bar	Roasted vegetables Salad bar	Green beans & cabbage Salad bar	Corn on the cob & carrots Salad bar	Peas & baked beans Salad bar
	DESSERTS	Shortbread	5 Apple pie with custard	Lemon cake	Fruit flapjack	Chocolate sponge
	FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
	JACKET POTATO AND SALAD	Jacket potato & todays choice of filling	Jacket potato 8 todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato 8 todays choice of filling





Eating all your fruit & veg will help you grow BIG and STRONG (like me!)







KEY 5 - 1 OF YOUR 5 A DAY MEAT - MEAT-FREE MONDAY - CHEF'S CHOICE



