WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Sausage Rolls with diced potatoes (Halal Available)	Beef lasagne with garlic bread	Roast Gammon and pineapple with creamy mashed potato and gravy	Chicken Curry with steamed rice (halal Available)	Lincolnshire sausage And chips
VEGETARIAN MAIN DISH	Quorn nuggets with diced potatoes	Vegetable lasagne with garlic bread	Vegetable Hot Pot with creamy mashed potato	Vegan Curry with steamed rice	Veggie sausage and chips
ACCOMPANIMENTS	Baked Beans or Salad	Sweet Corn or salad	Carrots or salad	Green Beans or salad	Garden Peas or salad
DESSERTS	Chocolate Crunch and custard	Strawberry Whip	Lemon Shortbread	Fruit Pie and custard	Rocket lollies
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO	Jacket Potato selection	Jacket Potato selection	Jacket Potato selection	Jacket Potato selection	Jacket Potato selection



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







