WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margherita Pizza	Beef Tacos served with fresh Salad	Roast Gammon with Roast Potatoes & Gravy	Chicken Fajitas and salad	Fish of the Day served with Fries
VEGETARIAN MAIN DISH	Sweet and Sour Quorn with Rice	Veg Sausage and Bean Pasty	Quorn Fillet with Roast Potatoes & Gravy	Sweet Chilli Quorn Wrap	Vegetable Fingers served with Fries
ACCOMPANIMENTS 5	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERTS	Shortbread	Lemon Cake	Ginger Biscuit	Chocolate Banana Sponge	Ice Cream
FRESH FRUIT & YOGHURT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket Potato or Sandwich	Jacket Potato or Sandwich	Jacket Potato or Sandwich	Jacket Potato or Sandwich	Jacket Potato or Sandwich



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







