

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese Whirl With Chips & Beans	Cottage Pie (H,GF) With Broccoli	Chicken Wrap With steamed peppered rice	Pasta Bake (V) With mixed vegetables	Hot Dogs With Chips & Corn on the Cob
MAIN 2	Jacket Potato (GF) With tuna mayo and/or cheese	Quorn Cottage Pie (V,GF) With Broccoli	Quorn 'Chicken Wrap' (VE) With steamed peppered rice	Cheesy Jacket Potato (V,GF) With baked beans	Quorn Hot Dogs (VE,GF) With Chips & Corn on the Cob
MAIN 3	Sandwiches Ham, Tuna or Cheese	Sandwiches Ham, Tuna or Cheese	Sandwiches Ham, Tuna or Cheese	Sandwiches Ham, Tuna or Cheese	Sandwiches Ham, Tuna or Cheese
SIDES	Freshly made salad	Beetroot & salad	Coleslaw, Chilli Sauce, Salad	Garlic Bread Salad	Freshly made salad
DESSERT	Fruit Salad (V,GF), Fresh Fruit or Yoghurt	Chocolate Muffin, Fresh Fruit or Yoghurt	Iced Sponge, Fresh Fruit or Yoghurt	Cheesecake, Fresh Fruit or Yoghurt	Assorted, Fresh Fruit or Yoghurt

Key: GF = Gluten Free; V = Vegetarian; VE = Vegan



