

WEEK 3 MENU

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pasta bolognaise Garlic bread & salad	Chicken goujon wrap, hash brown, sweetcorn, tomato salsa	Roast pork, stuffing, roast potatoes, carrots & broccoli	Chicken tikka, rice & naan bread	Fish fingers, chips & peas
2	Cheese slice, mash & beans	Veggie meatballs, mash, carrots & gravy	Tomato pasta bake, crusty bread	Hot dog, potato balls & beans	Jacket potato with choice of fillings (V)
3	Jacket potato with choice of fillings (V)	Cheese & tomato flatbread, hash brown & salad	Jacket potato with choice of fillings (V)	Tortilla wrap, potato balls & salad	Pasta, crusty bread & salad
Dessert	Lemon muffin Yoghurt Fruit	Jelly & Ice cream Yoghurt Fruit	Jam & coconut sponge Yoghurt Fruit	Chocolate brownie Yoghurt Fruit	Flap jack Yoghurt Fruit