

WEEK 3	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Chicken chow mein	Chicken fillet burger with baked wedges	Roast turkey with mashed potato & gravy	 Mexican chilli with 50/50 rice	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	 Vegetable chow mein	Quorn™ burger with wedges	 Vegetable cobbler with mash potato	 BBQ bean & cheese wrap with 50/50 rice	 Quorn™ nuggets with chunky chips
ACCOMPANIMENTS	Seasonal vegetables Salads Fresh homemade bread	Seasonal vegetables Salads Fresh homemade bread	Seasonal vegetables Salads Fresh homemade bread	Seasonal vegetables Salads Fresh homemade bread	Baked beans Salads Fresh homemade bread
DESSERTS	Jam & coconut sponge	Shortbread	 Chocolate brownie	Chocolate & orange cookie	Ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt
JACKET POTATO	Choose at the counter Baked Beans, Cheese or Tuna Mayo	Choose at the counter Baked Beans, Cheese or Tuna Mayo	Choose at the counter Baked Beans, Cheese or Tuna Mayo	Choose at the counter Baked Beans, Cheese or Tuna Mayo	Choose at the counter Baked Beans, Cheese or Tuna Mayo

