WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni cheese	Chicken fillet burger with baked wedges	Roast turkey with Yorkshire pudding, roast potatoes & gravy	Spaghetti Bolognese	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	Vegetarian pasta bake	Quorn™ enchiladas with diced potatoes	Vegetarian toad in the hole with roast potatoes & gravy	Quorn™ lasagne with herb bread	BBQ bean 8 cheese wrap with chips
ACCOMPANIMENTS 5 A DAY	Peas & broccoli Salad bar	Carrots & green beans Salad bar	Broccoli & cauliflower Salad bar	Green beans & sweetcorn Salad bar	Peas & baked beans Salad bar
DESSERTS	Fruit crumble & custard	Chocolate & orange muffins	Fresh fruit & whip	Chocolate crunch	Lemon shortbread
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato & beans, cheese or tuna mayo OR cheese or ham sandwich	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato & beans, cheese or tuna mayo OR cheese or ham sandwich	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato & beans, cheese or tuna mayo OR cheese or ham sandwich



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





KEY 5 - 1 OF YOUR 5 A DAY FEE - MEAT-FREE MONDAY - CHEF'S CHOICE





