

# WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Lemon chicken	Sausage and pasta bake	Roast turkey and gravy	Shepherd's pie	Steamed haddock
Vegetarian	Spiced vegetable pilau	Cheesy vegetable bake	Cheese and lentil roast	Vegetarian pizza	Macaroni cheese
Starchy dishes	Savoury rice	Brown bread	Roast potato		Jacket wedges
Vegetables	Diced mixed vegetables	Peas Carrots	Sweetcorn Broccoli	Cabbage Green beans	Sweetcorn Peas
Desserts	Banana custard Biscuit	Ice cream & Chocolate sauce Biscuit	Fresh fruit salad Biscuit	Pineapple upside-down pudding & custard Biscuit	Jelly Biscuit
Extras	Jacket potato Brown bread Mixed salad	Jacket potato Brown bread Mixed salad	Jacket potato Brown bread Mixed salad	Jacket potato Brown bread Mixed salad	Jacket potato Brown bread Mixed salad
Drinks	Water	Water	Water	Water	Water