

WEEK THREE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
main meal	MEATBALLS IN TOMATO SAUCE WITH PASTA TWISTS	CHICKEN CURRY WITH RICE	ROAST TURKEY, STUFFING & GRAVY	PASTA, PEAS & BACON	BEEF BURGER IN A BUN
CHOICE	DEWIS OGGIES	SALMON FISHCAKE	MACARONI CHEESE	CHICKEN FAJITAS OR HOT VEGETABLE WRAP	CHICKEN NUGGETS
CARBOHYDRATE	DICED POTATOES	JACKET WEDGES	ROAST & CREAMED POTATOES	SAVOURY RICE	CHIPPED POTATOES
VEGETABLES	BROCCOLI OR SPAGHETTI HOOPS	GARDEN PEAS	FRESH SEASONAL VEGETABLES	SWEETCORN	VEGETABLE STICKS
SALAD TROLLEY	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
SWEET	ARCTIC ROLL FRESH FRUIT	CHOCOLATE SPONGE & CHOCOLATE SAUCE	CARROT CUPCAKE	APPLE PIE CUSTARD	CRYSTAL COOKIES