WEEK 3

|  | MONDAY | TUESDAY | WEDNESDAY | THUASDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & 4 \\ & \frac{2}{2} \\ & 6 \\ & 6 \end{aligned}$ | Cheese and Tomato Pizza © <br> Cheesy tomato topped pizza slice served with potato wedges | Chinese Chicken Noodles <br> Delicious stir-fried Chinese chicken noodles | Roast Pork <br> Succulent roast pork served with fluffy roasties and tasty gravy | Cottage Pie = <br> A classic cottage pie with veg and gravy | Breaded Fish Fingers and Chips <br> Crispy fish fingers and scrummy chips |
|  | Vegetarian Bolognese <br> A vegetarian mince and vegetable bolognese in a yummy tomato sauce served with wholemeal pasta | Mexican <br> Vegetarian Tortilla <br>  <br> A layered Mexican style vegetarian tortilla pie served with wholegrain rice | Vegetable Pastry Roll © <br> Tasty vegetables wrapped in puff pastry served with fluffy roasties and tasty gravy | Macaroni Cheese 0 Cheesy macaroni pasta | Tomato <br> Vegetable Burger © <br> Tomato veggie burger in a soft bap and scrummy chips |
| $\begin{aligned} & 40 \\ & 98 \% \\ & 98 \end{aligned}$ | Jacket Potato * with a choice of fillings | Jacket Potato with a choice of fillings | Jacket Potato with a choice of fillings | Jacket Potato with a choice of fillings | Jacket Potato with a choice of fillings |
| All main meals are served with two vegetables |  |  |  |  |  |
| $\begin{aligned} & \frac{6}{4} \\ & \frac{6}{4} \\ & \frac{4}{2} \end{aligned}$ | Mango Frozen Yoghurt | Berry Flapjack with Fruit $\%$ | Chocolate Brownie with Fruit ${ }^{\circ}$ | Crispy Crackle Bar | Orange Shortbread |




