



MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	
MEAT MENU	Chicken and Broccoli Pasta Bake	Lamb Meatballs in a Tomato Sauce with Creamed Potatoes	Roast Lamb with Roast Potatoes and Gravy	Chicken Lasagne	Fishcake with Chips	HOT
VEGETERIAN MENU	Vegetable Pasta Bake	Quorn Meatballs in a Tomato Sauce with Creamed Potatoes	Quorn Roast with Roast Potatoes and Gravy	Lentil Lasagne	Cheese and Red Onion Plait with Chips	
MEAT PACKED LUNCH MENU	Ham and cheese baguette Shortbread biscuit Apple Water	Chicken and avocado sandwich Hummus and carrot sticks Banana Water	Tuna mayo baguette Crackers and cheese Tangerine Apple juice	Roast Beef sandwich Chocolate chip cookie Apple Orange juice	Egg mayonnaise sandwich Cheese and onion crisp Tangerine Water	COLD
VEGETERIAN PACKED LUNCH MENU	Falafel and plum chutney baguette Shortbread biscuit Apple Water	Cheddar cheese sandwich Hummus and carrot sticks Banana Water	Hummus salad baguette Crackers and cheese Tangerine Apple juice	Cream cheese and cucumber Chocolate chip cookie Apple Orange juice	Ploughman sandwich Cheese and onion crisp Tangerine water	

All Meat and Vegetarian Menu meals come with a vegetable side, dessert and bottle of water.
All Packed Lunch Menu meals come with a bottle of water.