

# What's for lunch this week?

## WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Sausages	Chicken Tagine	Roast Beef with Yorkshire pudding	Chicken Thai Curry	Battered Cod
VEGETARIAN MAIN MEAL	Quorn Sausages	Chickpea & 5 Bean Tagine	Roasted Vegetable Wellington	Cauliflower Chana Dahl	Vegetarian Quiche
VEGETABLE SIDES	Garden Peas & Carrots	Mediterranean Cous Cous	Medley of Vegetables	Garlic & Herb Mini Naan	Garden Peas or Baked Beans
CARBS	Mash Potato	Khobez Bread	Herb Crusted Roast Potatoes	Rice Noodles or Coconut Rice	Chips or Jacket Potatoes
PUDDING	Jam & Coconut Sponge with Custard	Apple Pie and Custard	Pea and Chocolate Crumble	Sticky Toffee Pudding	Dessert of the Day