

EAT SMART FOR A HEALTHY START! WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sausages	Chicken curry and rice	Mince pie	Roast chicken	Salmon fishfingers
Option 2 (ve)	Quorn pasta bolognaise	Pizza	Quorn burgers	Pasta bake	Vegetable curry and rice
Sides	Carrots Broccoli Creamed potatoes Boiled potatoes	Sweetcorn Peas Baby boiled Creamed potatoes	Cauliflower Brocolli Creamed potatoes Wedges	Carrots Mixed vegetables Roast potatoes Boiled potatoes	Peas Beans Chips Creamed potatoes
Dessert	Fruit pie Jelly Yogurt Fresh fruit	Homemade biscuit Jelly Yogurt Fresh fruit	Chocolate pudding Jelly Yogurt Fresh fruit	Rice pudding Homemade cookie Yogurt Fresh fruit	Vanilla sponge Jelly Yogurt Fresh fruit



ALSO AVAILABLE DAILY:

- Pasta king bar
- Salad bar
- Sandwiches / subs / wraps
- Jacket potato with filling (where applicable)
- Cheese & crackers
- Bread
- Drinking water