

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option1 Red - Main	Organic Meatballs in a Homemade Sauce	Garlic Mushroom Pizza	Roast Beef & Yorkshire Pudding	Chicken & Vegetable Pie	Fish Fingers/Salmon Fingers
Option 3 Green - Vegetarian	Carrot Balls in a Homemade Tomato Sauce	Margarita Pizza	Mixed Bean Tagine	Potato Topped Creamy Vegetable Pie	Vegetable Fingers
Carbohydrate	½ Jacket Potato Fluffy Rice	Pasta Shells Parsley Potatoes	Roast Potatoes Fluffy Rice	Creamy Mashed Potatoes	Chips Pasta Shapes in a Home-Made Tomato Sauce
Vegetables	Carrot Rounds Broccoli	Cauliflower Roasted Courgette	Peas Mashed Swede	Sweetcorn Green Beans	Baked Beans Minted Peas
Fruit	Fresh Fruit Platter Yoghurt	Fresh Fruit Platter Yoghurt	Fresh Fruit Platter Yoghurt	Fresh Fruit Platter Yoghurt	Fresh Fruit Platter Yoghurt
Bread selection	Selection of Bread	Selection of Bread	Selection of Bread	Selection of Bread	Selection of Bread
Desert	Peach & Raspberry Crumble & Custard Chocolate & Sweet Potato Brownie	Banana Cupcake Fresh Fruit Salad	Rice Pudding Orange Drizzle Cake	Apple Sponge & Custard Chocolate Biscuit	Vanilla Ice Cream Shortbread