

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE (MAIN MEAL)	<p>Chinese</p> <p>Beef Stir-Fry</p> <p>Singapore Noodles</p> <p>Stir-Fried Greens</p>	<p>Indian</p> <p>Chicken Wrap</p> <p>Mini Poppadum</p>	<p>Thai</p> <p>Thai Lime Chicken</p> <p>Potato & Onion Hash</p> <p>Sweetcorn</p>	<p>Traditional</p> <p>Cottage Pie</p> <p>Roast Potato</p> <p>Steamed Vegetables</p>	<p>Classic</p> <p>Cod in a Crispy Batter</p> <p>Mushy Peas</p> <p>Chipped Potatoes</p>
MAIN MEAL	<p>Fish Pie topped with Cheese</p> <p>Steamed Carrots & Mashed Potatoes</p>	<p>WINGS & THINGS</p> <p>Roast Chicken Wings brushed with Lemon & Herb</p> <p>Sticky Tabasco Peas & Tex Mex Rice</p>	<p>Roasted Pork stuffed with Apple Compote</p> <p>Steamed Vegetables</p> <p>Mashed & Roast Potatoes</p>	<p>Cajun Chicken Gumbo served with Cauliflower Creamed Bake</p>	<p>Chicken Curry</p> <p>Boiled Rice Or Chipped Potatoes</p>
VEGETARIAN	<p>Mixed Bean Chilli</p>	<p>Vegetable Lasagne</p>	<p>Cheese & Caramelised Onion Quiche</p>	<p>Macaroni Cheese with Stir Fried Greens</p>	<p>Vegetable Spring Rolls & Spicy Sauce</p>
DESSERTS	<p>Ice-Cream & Raspberry Sauce</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Cheese & Biscuits</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Chocolate Cracknel & Custard</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Jelly & Fruit</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Yoghurt</p> <p>Fresh Fruit</p>
MEAL TICKET OPTION (Choose one)	<ul style="list-style-type: none"> • Soup & Main Meal • Main Meal & Dessert • Main Meal & Bottle of Water • Main Meal & Fruit or Yoghurt <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> • Soup & Main Meal • Main Meal & Dessert • Main Meal & Bottle of Water • Main Meal & Fruit or Yoghurt <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> • Soup & Main Meal • Main Meal & Dessert • Main Meal & Bottle of Water • Main Meal & Fruit or Yoghurt <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> • Soup & Main Meal • Main Meal & Dessert • Main Meal & Bottle of Water • Main Meal & Fruit or Yoghurt <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> • Soup & Main Meal • Main Meal & Dessert • Main Meal & Bottle of Water • Main Meal & Fruit or Yoghurt <p style="text-align: center;">£2.80</p>