



WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Celariac & Thyme	Red Pepper & Tomato	Spiced Sweet Potato	Chicken & Leek	Lentil & Carrot
MAIN COURSE 1	Chicken & Sweetcorn Pasta Bake	Baked Potato With Sweet & Sour Chicken	Chicken Nuggets, Crispy Potatoes & Sweetcorn	Cajun Chicken Pasta Bake	Battered Haddock, Chips & Mushy Peas
MAIN COURSE 2	Sausage Roll, Chips & Baked Beans	Beef Hoi Sin With Rice	Beef Madras With Rice	Beef Lasagne With Garlic Bread	Chicken Curry With Rice
VEGETARIAN	Red Lentil & Aubergine Moussaka	Plant It Hoi Sin Sauce With Noodles	Broccoli, Cherry Tomato & Cheese Quiche With Crispy Potatoes	Vegetarian Lasagne With Garlic Bread	Roasted Squash & Coconut Curry With Rice