WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
main	Vegan keema with 50/50 rice	Shish kebab in a pitta with baked wedges	Roast turkey with new potatoes	Sweet and sour chicken served with rice	Crispy fish fingers with chunky chips
VEGETARIAN	Cheese quiche with Spanish potatoes	Chinese stir fry with chicken style pieces & noodles	Vegetable frittata served with new potatoes	Tomato & roasted vegetable pasta	Crispy vegetable fingers with chunky chips
ACCOMPANIMENT 5	Green beans & sweetcorn Salad bar	Peas & coleslaw Salad bar	Carrots & cauliflower Salad bar	Cauliflower & broccoli Salad bar	Peas & baked beans Salad bar
DESSERT	Chocolate sponge	Apple crumble 8 custard	Lemon muffin	Ginger cake & custard	Fruit in jelly
FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)





KEY 5 - 1 OF YOUR 5 A DAY FEED - MEAT-FREE MONDAY - CHEF'S CHOICE





