WEEK 3

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	**Chicken Fillet Burger** to go with Sweetcorn, Homemade Potato Wedges	**Beef Lasagne** to go with Peas	**Roast Chicken** to go with Broccoli, Carrots, Roast Potatoes, Gravy	**Turkey Chilli Tacos** to go with Green Beans, Mixed Rice	**Cod in Batter** to go with Baked Beans, Mushy Peas, Chips
Vegetarian	**Chickpea & Lentil Dhal** to go with Vegetable Cous Cous	**Smokey BBQ Quesadilla** to go with Peas, Sunshine Rice	**Quorn Fillet** to go with Broccoli, Carrots, Roast Potatoes, Gravy	**Roasted Vegetable Tacos** to go with Green Beans, Mixed Rice	**Quorn Hotdog** to go with Chips, Baked Beans, Peas
Combo	**Jacket Potato** to go with Green Bean Salad with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	**Jacket Potato** to go with Peas with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	**Jacket Potato** to go with Broccoli, Carrots with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	**Jacket Potato** to go with Sweetcorn with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	**Jacket Potato** to go with Peas with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo
	Pasta to go with Green Beans with choice of fillings Homemade Tomato & Basil Sauce	**Pasta** to go with Peas with choice of fillings Homemade Tomato & Basil Sauce	**Pasta** to go with Broccoli, Carrots with choice of fillings Homemade Tomato & Basil Sauce	**Pasta** to go with Sweetcorn with choice of fillings Homemade Tomato & Basil Sauce	**Pasta** to go with Peas with choice of fillings Homemade Tomato & Basil Sauce
	Sandwich with choice of fillings Grated Cheese, Ham, Egg Mayo, BLT	**Sandwich** with choice of fillings Grated Cheese, Chicken Salad, Tuna Mayo, Ham	**Sandwich** with choice of fillings Grated Cheese, Chicken Mayonnaise, Tuna Mayo, Ham	**Sandwich** with choice of fillings Grated Cheese, Chicken Mayonnaise, Ham, BLT	**Sandwich** with choice of fillings Grated Cheese, Tuna Mayo, Ham
STEP 2 ...and to finish!	**Vanilla Rice Pudding with Fruit and Jam**	**Apple Flapjack**	**Strawberry Iced Smoothie**	**Fresh Fruit Salad**	**Fruit Muffins**
	Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly	Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly	Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly	Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly	Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly

Bread and Salad will be available at Lunch Times

Please speak to a member of the Catering Team or view relishschoolfood.co.uk for Allergen Information

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