WEEK 1

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	BBQ Chicken to go with Peas, Sweet Potato Wedges	Beef Bolognese to go with Green Beans, Pasta	Roast Chicken & Stuffing to go with Broccoli, Carrots, Gravy, Roast Potatoes	Sweet & Sour Turkey to go with Sweetcorn, Mixed Rice	Cod in Batter to go with Baked Beans, Chips
Vegetarian	Quorn Chilli Tacos to go with Peas, Mixed Rice	Singapore Noodles to go with Green Beans	BBQ Quorn Fillet to go with Broccoli, Carrots, Roast Potatoes	Home-made Pizza to go with Sweetcorn, Roast Potatoes	Quorn Hotdog to go with Baked Beans, Chips
Combo	Jacket Potato to go with Sweetcorn with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	Jacket Potato to go with Green Beans with choice of fillings Baked Beans, Grated Cheese, Beef Bolognese, Tuna Mayo	Jacket Potato to go with Broccoli, Carrots with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	Jacket Potato to go with Peas with choice of fillings Baked Beans, Grated Cheese, Salmon & Tomato, Tuna Mayo	Jacket Potato to go with Baked Beans with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo
	Pasta to go with Sweetcorn with choice of fillings Homemade Tomato & Basil Sauce	Pasta to go with Green Beans 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 Peas with choice of fillings Homemade Tomato & Basil Sauce	Pasta to go with Side Salad with choice of fillings Homemade Tomato & Basil Sauce
	Sandwich with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	Sandwich with choice of fillings Grated Cheese, Ham Salad, BLT	Sandwich with choice of fillings Grated Cheese, Ham Salad, Chicken Mayonnaise	Sandwich with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	Sandwich with choice of fillings Grated Cheese, Ham Salad, BLT
STEP 2 ...and to finish!	Carrot Cake Muffins	Fruity Oak Cookies	Clementine Cake to go with Custard	Orange & Mango Ice Smoothie	Fresh Fruit Salad
	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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