WEEK 3

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	**Chinese Chicken** to go with Green Beans, Lime & Coriander Rice	**Beef Burger** to go with Coleslaw, Sweetcorn, Sweet Potato Wedges	**Roast Pork** to go with Broccoli, Carrots, Roast Potatoes	**Chilli Beef Wraps** to go with Green Beans, Mixed Rice	**Cod in Batter** to go with Baked Beans, Chips, Peas
Vegetarian	**Mexican Bean Wrap** to go with Green Beans, Lime & Coriander Rice	**Pea, Sweet Potato & Corn Croquette** to go with Coleslaw, Sweet Potato Wedges	**Macaroni Cheese** to go with Carrots, Gravy	**Thai Quorn Curry** to go with Sweetcorn, Mixed Rice	**Homemade Vegetable Burger** to go with Baked Beans, Chips, Peas
Combo	**Jacket Potato** to go with Peas with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	**Jacket Potato** to go with Cauliflower 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, Beef Bolognese, Tuna Mayo	**Jacket Potato** to go with Peas with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo
	Pasta to go with Peas with choice of fillings Homemade Tomato & Basil Sauce	**Pasta** to go with Cauliflower 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 Salad, BLT	**Sandwich** with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	**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!	**Apple Muffins**	**Fresh Fruit Salad**	**Raspberry Mousse with a Vanilla Biscuit**	**Sweet Beetroot & Chocolate Muffins**	**Courgette and Lemon Cake** to go with Custard
	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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