

Week 3 18/9 16/10 13/11 11/12 08/1 05/2 04/3 01/4 29/4 27/5 24/06

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Enchilada, Rice, Leeks and Green Beans	Meat and Potato Pie, Roast Parsnip, Mashed Sweet Potato and Gravy	Lamb with Mash, Broccoli, Sprouts and Gravy	Beef Lasagna, Garlic Bread, Peas and Sweetcorn	Fish Cakes with Chips, Beans or peas
Vegetarian Option	Vegetarian Enchilada	Quorn Bits	Roast Quorn	Quorn Mince	Cheese Pie, Chips, Beans or Peas
Sandwich	Basic sandwich - ham, cheese or tuna. You can also order a selection of sandwiches at the grab and go counter.				
Jackets	With a choice of either tuna, cheese or beans				
Fruit Cold Puddings	Mixed Fruit Pot: Fruit				
Drinks	Water - Large sports cap Radnor Still				
Snacks	Sausage roll Spicy / Breaded / Maple & Sweet Chilli Chicken	Chicken Tikka, Cheese Panini Cheese or Ham Pizza Rice Pots	A Selection of Pizzas or Paninis Meatball, Cheese or Tuna	Waffles, Sausage Roll Cheese on Toast Pasta Pots- Cheese, Chicken & Bacon	Chips/Chip Butty Croissant Steak bake Creamy Vegetable Slice

Pick one from YELLOW one from BLUE and one from GREEN to make a MEAL DEAL

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