



| Week 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|---|--|---|---|--|
| Cook Choice | Penna bolognaise Served with garlic bread | Sausage and mash Served with savoy cabbage | Roast chicken Served with potato, carrot and broccoli and Yorkshire pudding | Jerk Chicken Wings, Rice and beans Served with sweet potato curry | Fish bites and chips Served with beans |
| Vegetarian Choice | | Quorn Sausage Served with savoy cabbage | Roast Quorn Served with potato, carrot and broccoli and Yorkshire pudding | Jerk Quorn, Rice and beans Served with sweet potato curry | |
| Carb choice | Jacket Potato Served with tuna mayo, cheese, salad and beans | Jacket Potato Served with tuna mayo, cheese, salad and beans | Jacket Potato Served with tuna mayo, cheese, salad and beans | Jacket Potato Served with tuna mayo, cheese, salad and beans | Jacket Potato Served with tuna mayo, cheese, salad and beans |
| Weekly Special | Meatball Pasta bake | | | | |
| Dessert | Cherry Shortbread Yogurts Cheese and crackers Fresh fruit | Ginger biscuit Yogurts Cheese and crackers Fresh fruit | Flapjack Yogurts Cheese and crackers Fresh fruit | Cornflake tart Yogurt Cheese and crackers | Jelly Yogurt Cheese and crackers Fresh sliced fruit |

