WEEK 3

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Creamy Cajun Chicken Pasta to go with Green Beans, Pasta	Beef Lasagne to go with Homemade Garlic Bread, Peas	Roast Chicken & Stuffing to go with Broccoli, Carrots, Roast Potatoes	Beef Chilli Tacos to go with Mixed Rice, Sweetcorn	Cod in Batter to go with Baked Beans, Chips, Peas
Vegetarian	Chickpea & Lentil Dhal to go with Green Beans, Steamed Rice	Smokey BBQ Quesadilla to go with Peas, Sunshine Rice	Quorn Fillet to go with Broccoli, Carrots, Roast Potatoes	Boston Bean Casserole to go with Mixed Rice, Sweetcorn	Falafel & Spinach Burger to go with Baked Beans, Chips, Peas
Combo	Jacket Potato - Combo to go with Green Bean Salad with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	Jacket Potato - Combo to go with Peas with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	Jacket Potato - Combo to go with Broccoli, Carrots with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	Jacket Potato - Combo to go with Sweetcorn with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	Jacket Potato - Combo to go with Peas with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo

STEP 2 ...and to finish!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Berry & Apple Crepes	Fruit Flapjack	Sticky Toffee Pudding to go with Custard	Cocoa Brownie	Carrot, Apple & Lemon Drizzle Cake
Fresh Fruit Pot, Homemade Yoghurts, Cheese and Biscuits, Fruit Jelly	Fresh Fruit Pot, Homemade Yoghurts, Cheese and Biscuits, Fruit Jelly	Fresh Fruit Pot, Homemade Yoghurts, Cheese and Biscuits, Fruit Jelly	Fresh Fruit Pot, Homemade Yoghurts, Cheese and Biscuits, Fruit Jelly	Fresh Fruit Pot, Homemade Yoghurts, Cheese and Biscuits, Fruit 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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