WEEK 3

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Chicken, Bacon & Tomato Pasta Bake to go with Peas	Beef Stew to go with Cauliflower, Mixed Rice	Roast Chicken & Stuffing to go with Broccoli, Carrots, Roast Potatoes, Gravy	Thai Style Pork to go with Mixed Rice, Sweetcorn	Cod in Batter to go with Baked Beans, Chips, Mushy Peas
Vegetarian	Vegetable & Tomato Gratin to go with Peas, Side Salad	Smokey BBQ Quesadilla to go with Cauliflower, Sunshine Rice	Quorn Fillet to go with Broccoli, Carrots, Roast Potatoes, Gravy	Butternut Squash Quesadilla to go with Mixed Rice, Sweetcorn	Falafel & Spinach Burger to go with Baked Beans, Chips, Mushy 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
	Wrap to go with Peas, Steamed Rice with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	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	Wrap to go with Mixed Rice, Sweetcorn with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	Wrap to go with Chips, Peas with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo
		Wrap to go with Cauliflower, Sunshine Rice with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	Wrap to go with Broccoli, Carrots, Roast Potatoes with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo		

STEP 2 ...and to finish!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pineapple Upside-down Pudding	Fruit Flapjack	Chocolate Mousse	Strawberry Iced Smoothie	Mandarin Cheesecake
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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