WEEK 3

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	**Chicken Fillet Burger** to go with Coleslaw, Roast New Potatoes with Rosemary	**Greek Pasta Bake** to go with Carrots	**Roast Beef & Yorkshire Pudding** to go with Broccoli, Carrots, Roast Potatoes, Gravy	**Beef Taco Boat** to go with Mixed Rice, Sweetcorn	**Cod in Batter** to go with Baked Beans, Chips, Mushy Peas
Vegetarian	**Chickpea & Lentil Dhal** to go with Vegetable Cous Cous	**Smokey BBQ Quesadilla** to go with Peas, Sunshine Rice	**Quorn Fillet** to go with Broccoli, Carrots, Roast Potatoes, Gravy	**Sweet Potato & Lentil Tagine** to go with Herby Rice, Sweetcorn	**Quorn Burger** to go with Baked Beans, Chips
Combo	**Jacket Potato** to go with Green Bean Salad with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo	**Jacket Potato** to go with Peas 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, Tuna Mayo	**Jacket Potato** to go with Peas with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo
	Wrap to go with Green Beans, Steamed Rice with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	**Pasta** to go with Peas with choice of fillings Homemade Tomato & Basil Sauce	**Wrap** to go with Broccoli, Carrots, Roast Potatoes with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	**Pasta** to go with Sweetcorn with choice of fillings Homemade Tomato & Basil Sauce	**Wrap** to go with Chips, Peas with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo
		Wrap to go with Peas, Sunshine Rice with choice of fillings Grated Cheese, Tuna Mayo, Love Joes Chicken Fajita		**Wrap** to go with Mixed Rice, Sweetcorn with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	
STEP 2 ...and to finish!	**Cherry Pie** to go with Custard	**Apple Flapjack**	**Apple Muffins**	**Strawberry Iced Smoothie**	**Lemon Drizzle Cake**
	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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