WEEK 3

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	**Chinese Chicken** to go with Green Beans, Lime & Coriander Rice	**Beef Burger** to go with Coleslaw, Potato Wedges	**Roast Turkey** to go with Carrots, Roast Potatoes, Gravy, Braised Leeks & Peas	**Chicken Biryani** to go with Mixed Rice, Sweetcorn	**Cod in Batter** to go with Baked Beans, Chips, Peas
Vegetarian	**Mexican Bean Wrap** to go with Green Beans, Lime & Coriander Rice	**Pea, Sweet Potato & Corn Croquette** to go with Coleslaw, Potato Wedges	**Macaroni Cheese** to go with Carrots, Gravy, Braised Leeks & Peas	**Thai Quorn Curry** to go with Mixed Rice, Sweetcorn	**Homemade Vegetable Burger** to go with Baked Beans, Chips, 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	**Wrap** to go with Cauliflower, Sunshine Rice with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	**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 Broccoli, Carrots, Roast Potatoes with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo		

STEP 2 ...and to finish!

Syrup Sponge to go with Custard	**Fresh Fruit Salad**	**Raspberry Mousse with a Vanilla Biscuit**	**Strawberry Jelly**	**Fruit Flapjack**
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

141_w3