WEEK 3

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	BBQ Chicken Pizza to go with Baked Beans, Homemade Potato Wedges	Beef Pasta to go with Sweetcorn, Mixed Salad	Roast Turkey to go with Peas, Roast Potatoes, Gravy	Chicken Curry to go with Peas, Turmeric Rice	Fish Fingers to go with Baked Beans, Chips, Peas
Vegetarian	Home-made Pizza to go with Baked Beans, Homemade Potato Wedges	Smokey BBQ Quesadilla to go with Sweetcorn, Wholegrain Rice, Mixed Salad	Quorn Sausages to go with Mashed Potato, Peas, Gravy	Vegetable Stir-fry to go with Noodles	Quorn Hotdog to go with Baked Beans, Chips, Peas
Combo	Jacket Potato to go with Mixed Salad with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans	Jacket Potato to go with Mixed Salad with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans	Jacket Potato to go with Mixed Salad with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans	Jacket Potato to go with Mixed Salad with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans	Jacket Potato to go with Mixed Salad with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo, Cheese & Beans
	Wrap to go with Sweetcorn, Homemade Potato Wedges with choice of fillings Grated Cheese, Tuna Mayo, Ham	Pasta to go with Mixed Salad with choice of fillings Homemade Tomato & Basil Sauce	Wrap to go with Mashed Potato, Mushy Peas with choice of fillings Grated Cheese, Tuna Mayo, Ham	Pasta to go with Mixed Salad with choice of fillings Homemade Tomato & Basil Sauce	Wrap to go with Chips, Peas with choice of fillings Grated Cheese, Tuna Mayo, Ham
	Apple & Blackberry Crumble to go with Custard	Homemade Blueberry Muffins	Fruity Oat Cookies	Apple Flapjack	Choc Ice
	Fresh Fruit Pot, Yoghurt, Jelly	Fresh Fruit Pot, Yoghurt, Jelly	Fresh Fruit Pot, Yoghurt, Jelly	Fresh Fruit Pot, Yoghurt, Jelly	Fresh Fruit Pot, Yoghurt, Jelly

STEP 2 ...and to finish!

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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