

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Shepherds
Pie

Chicken
Skewers
&
Sweet Potato
Wedges

Gammon
&
Pineapple

Moroccan
Lamb
&
Rice

Jumbo
Fish Fingers
&
Tartar Sauce

VEGETARIAN

Crunchy
Vegetable
Crumble

Cheese &
Broccoli Flan
Spicy Potato
Wedges

Quesadilla
Vegetable Chilli

Vegetable
&
Chickpea Curry
Rice

Courgette
&
Pasta Bake

DESSERT

Chocolate
Mandarin
Sponge
Custard

Fresh
Fruit Salad

Apple Pie
&
Crème Fraiche

Lemon
Love
Cake

Gluten Free
Chocolate
Brownie
Custard