

## WEEK 3

STEP CONTRACTOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose from	Chicken, Bacon & Tomato Pasta Bake	Beef Stroganoff	Roast Chicken & Stuffing	Toad in the Hole	Cod in Batter
Main	to go with  Peas, Sweetcorn	to go with  Mixed Rice, Mixed Veg	to go with  Broccoli, Carrots, Roast  Potatoes, Gravy	to go with  Sweetcorn	to go with  Baked Beans, Chips, Peas
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Vegetarian	Vegetable & Tomato Gratin	Smokey BBQ Quesadilla	Quorn Sausages	Sweet Potato & Lentil Tagine	Southern Style Quorn Burger
	to go with	to go with	to go with	to go with	to go with
· ·	Peas, Side Salad, Sweetcorn	Mixed Rice, Mixed Veg	Broccoli, Carrots, Roast Potatoes	Mixed Rice, Sweetcorn	Baked Beans, Chips, Peas
	Jacket Potato	Pasta	Jacket Potato	Wrap	Pasta
Combo	to go with  Peas, Sweetcorn  with choice of fillings  Baked Beans, Grated Cheese,  Tuna Mayo	to go with  Mixed Veg  with choice of fillings  Homemade Tomato & Basil Sauce, Pesto Sauce, Grated Cheese	to go with  Broccoli, Carrots  with choice of fillings  Baked Beans, Grated Cheese,  Tuna Mayo	to go with  Mixed Rice, Sweetcorn  with choice of fillings  Love Joes Crispy Chicken, Grated Cheese, Ham Salad	by to go with  Baked Beans, Peas  with choice of fillings  Homemade Tomato & Basil Sauce,  Pesto Sauce, Grated Cheese
STEP (	Carrot, Apple & Lemon Drizzle Cake	Chocolate Mousse	Strawberry Iced Smoothie	Pear Crumble to go with Custard	Chocolate & Banana Cake
mand to finish!  Bread and Salad will be available at Lunch Times	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