WEEK 3

STEP 1 Choose from...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Chicken Biryani to go with Green Beans, Mixed Rice	Beef Burger to go with Baked Beans, Peas	Roast Gammon to go with Broccoli, Carrots, Roast Potatoes, Gravy	Beef Lasagne to go with Coleslaw, Sweetcorn	Fishwich to go with Baked Beans, Chips, Peas
Vegetarian	Macaroni Cheese to go with Green Beans	Vegetarian Sausage to go with Baked Beans, Peas	Pea, Sweet Potato & Corn Croquette to go with Broccoli, Carrots, Roast Potatoes, Gravy	Mexican Bean Wrap to go with Sweetcorn, Lime & Coriander Rice	Southern Style Quorn Burger to go with Baked Beans, Chips, Peas
Combo	Pasta to go with Green Beans with choice of fillings Homemade Tomato & Basil Sauce, Pesto Sauce, Grated Cheese	Jacket Potato to go with Peas with choice of fillings Baked Beans, Grated Cheese, Coleslaw	Pasta to go with Broccoli, Carrots with choice of fillings Homemade Tomato & Basil Sauce, Pesto Sauce	Wrap to go with Mixed Rice, Sweetcorn with choice of fillings Grated Cheese, Ham Salad, Tuna Mayo	Jacket Potato to go with Peas with choice of fillings Baked Beans, Grated Cheese, Tuna Mayo
STEP 2 ...and to finish!	Jam & Coconut Sponge to go with Custard	Iced Lemon Fingers	Fruity Chocolate Traybake	Blueberry Traybake	Apple & Cinnamon Pancakes
	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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