

## WEEK 3

Wells.		F	<i>                                      </i>		
W STEP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose from	Chicken Wrap	Home-made Pizza	Roast Chicken & Stuffing	Chilli Con Carne	Cod in Batter
Main	to go with	to go with	to go with	to go with	to go with
	Green Beans, Savoury Mixed Rice, Mixed Salad	Peas	Broccoli, Carrots, Roast Potatoes, Gravy	Sweetcorn, Sunshine Rice	Chips, Peas, Spaghetti Hoops
				) 7	
	Chickpea & Lentil Dhal	Ratatouille Vegetable Grill	Quorn Fillet	Chunky Vegetable Chilli	Falafel & Spinach Burger
Vegetarian	to go with	to go with	to go with	to go with	to go with
	Green Beans, Steamed Rice	Peas, Sunshine Rice	Broccoli, Carrots, Roast Potatoes, Gravy	Mixed Rice, Sweetcorn	Chips, Peas, Spaghetti Hoops
	3	6	A 9		
	Pasta	Wrap	Jacket Potato	Pasta	Wrap
Combo	to go with	to go with	to go with	to go with	to go with
	Green Beans with choice of fillings	Peas, Sunshine Rice with choice of fillings	Broccoli, Carrots with choice of fillings	Sweetcorn with choice of fillings	Chips, Peas, Spaghetti Hoops with choice of fillings
€	Homemade Tomato & Basil Sauce, Pesto Sauce, Grated Cheese	Grated Cheese, Ham	Baked Beans, Grated Cheese, Tuna Mayo	Homemade Tomato & Basil Sauce, Pesto Sauce, Grated Cheese	Grated Cheese, Ham Salad, Tuna Mayo
STEP (	Cherry Pie to go with Custard	Tutti Fruity Sponge	Apple Muffins	Strawberry Iced Smoothie	Lemon Drizzle Cake
and to linish:	Fresh Fruit Bar,	Fresh Fruit Bar,	Fresh Fruit Bar,	Fresh Fruit Bar,	Fresh Fruit Bar,
Bread and Salad will be available at Lunch Times	Yoghurt, Cheese and Biscuits, Jelly	Yoghurt, Cheese and Biscuits, Jelly	Yoghurt, Cheese and Biscuits, Jelly	Yoghurt, Cheese and Biscuits, Jelly	Yoghurt, Cheese and Biscuits, Jelly