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WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	BBQ chicken pizza	Beef burger with baked potato wedges	Roast gammon with creamy mash potato & gravy	Chicken 8 tomato pasta bake	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Vegetable tikka masala with 50/50 rice	Marinated Quorn™ pitta with baked potato wedges	Vegan sausage & mash potato with gravy	Vegetable 8 bean chilli with 50/50 rice	Quorn™ nuggets with chunky chips
ACCOMPANIMENTS  5	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
DESSERTS	Oaty jam squares	Jam & coconut sponge	Lemon cake	Sticky toffee pudding with custard	Fresh fruit & whip
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato and sandwich selection	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato and sandwich selection



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)







KEY 5 - 1 OF YOUR 5 A DAY FEE - MEAT-FREE MONDAY - CHEF'S CHOICE



