

<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Meat Option</i>	<i>Chilli Con Carne</i>	<i>Chicken & Bacon Pasta Bake</i>	<i>Roast Pork & Stuffing</i>	<i>Chicken Fajita</i>	<i>Chicken Burger Fish Square</i>
<i>Vegetarian Option</i>	<i>Bean & Vegetable Chilli</i>	<i>Cheese & Tomato Pasta</i>	<i>Vegetable Bake</i>	<i>Cheese & Onion Quiche</i>	<i>Veggie Burgers</i>
<i>Vegetable Accompaniments</i>	<i>Broccoli Sweetcorn</i>	<i>Carrots Peas</i>	<i>Cauliflower Cheese Cabbage</i>	<i>Carrots Broccoli</i>	<i>Sweetcorn Baked Beans</i>
<i>Carbohydrates</i>	<i>Rice</i>	<i>Pasta</i>	<i>Roast Potatoes</i>	<i>Jacket Wedges</i>	<i>Chips</i>
<i>Pudding</i>	<i>Syrup Sponge & Custard</i>	<i>Traybake / Raspberry Muffin</i>	<i>Fruit Crumble & Custard</i>	<i>Sticky Toffee Pudding Ice Cream</i>	<i>Rocky Road</i>

