

WEEK 3



	LUNCH	PUDDING	TEA
V & VG options			
MONDAY	Sweet and sour chicken, rice & naan. V & VG options	Pancakes, Squirry Cream.	Spaghetti on toast V & VG options
TUESDAY	Meatball Linguine, broccoli, cauliflower & garlic doughballs. V & VG options	Brownie & custard	Cheese wheels with fries. V & VG options
WEDNESDAY	Chicken goujons, chips and veg V & VG options	Yoghurt and fruit	Toasties and veg sticks. V & VG options
THURSDAY	Homemade Pizzas with cucumber, carrot and pepper sticks. V & VG options	Choc chip muffin & fruit	Pesto pasta with grated cheese. V & VG options
FRIDAY	Sausage, mash & beans. V & VG options	Yoghurt & Fruit	Eggs and soldiers. V & VG options