

# WEEK 3



	LUNCH	PUDDING	TEA
MONDAY	Fishcake, herby potatoes, peas.	Yoghurt & Fruit	Toasties and veg sticks.
TUESDAY	Pitta pizza, ham, cheese, cucumber, pepper and carrot sticks.	Choc chip muffin & fruit.	Vegetable fritters and rice
WEDNESDAY	Meatballs, spaghetti & Garlic doughballs.	Brownie & custard.	Jacket potatoes with beans and cheese
THURSDAY	Chicken Curry, Rice & Naan Bread	Jam Roly Poly & Ice Cream.	Saucy Pasta.
FRIDAY	Tuna Pasta Bake with mixed Vegetables and parsley flat bread.	Pancakes, Squirry Cream.	Scrambled egg on toast