

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Tacos	Chicken & Mushroom Pie	Roast Lamb	Chicken Tikka Biryani	Battered Cod
Vegetarian Main Meal	Vegetable Tacos	Vegetable Pie	Vegetable Tart	Cauliflower Saag Aloo	Macaroni Cheese
Carbs	Tacos	New Potatoes	Roast Potatoes	Basmati Rice & Naan Bread	Chunky Chips
Vegetable Sides	Mixed Leaf salad	Fine Green Beans	Savoy Cabbage	Mixed Leaf salad	Baked Beans
Dessert	Iced Sponge	Summer fruits Crumble	Apple Pie	Chocolate Chip Sponge	Fresh Fruit