

WEEK 3 - Commencing 17<sup>th</sup> September / 8<sup>th</sup> October / 5<sup>th</sup> November / 26<sup>th</sup> November / 17<sup>th</sup> December

<b>WEEK 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Choice</b>	<ul style="list-style-type: none"> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Sausages</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Chicken stuffing mix</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Bolognaise</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Fingers</li> </ul>
<b>Vegetarian Choice</b>	<ul style="list-style-type: none"> <li>• Pasta with Pesto Sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Quorn Sausages</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Flan</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Pasta</li> </ul>
<b>Alternative choice</b>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon Nuggets</li> </ul>			<ul style="list-style-type: none"> <li>• Fried Fish</li> </ul>
<b>Sides</b>	<ul style="list-style-type: none"> <li>• Diced Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Mash Potato</li> </ul>	<ul style="list-style-type: none"> <li>• Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Diced Potatoes</li> <li>• Spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>• Chips</li> </ul>
<b>Unlimited Vegetables</b>	<ul style="list-style-type: none"> <li>• Sweetcorn</li> <li>• Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Peas</li> <li>• Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage</li> <li>• Sweetcorn</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Vegetables</li> <li>• Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Peas</li> <li>• Baked Beans</li> </ul>
<b>Unlimited Seasonal Salad Selection</b>	<ul style="list-style-type: none"> <li>• Fresh Salad Selection</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Salad Selection</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Salad Selection</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Salad Selection</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Salad Selection</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>• Lemon Feather Iced Sponge and Custard</li> <li>• Yoghurt</li> <li>• Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>• Jelly</li> <li>• Cheese and Crackers</li> <li>• Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>• Biscuits and milk</li> <li>• Pineapple Rings</li> <li>• Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot Cake and Custard</li> <li>• Yoghurt</li> <li>• Fresh Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>• Arctic Roll</li> <li>• Water Melon Slices</li> <li>• Fresh Fruit Platter</li> </ul>

Homemade bread will accompany all meals. All bread, cakes, pizza bases and pastry are freshly made using organic flour.

N.B. Where Halal meat has been requested by the school, it is HFA certified (or equivalent)