

# LUNCH MENU

# WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	BBQ Chicken 	Roast Gammon & Yorkshire Pudding 	Meat Balls in Tomato Sauce 	Giant Yorkshire Pudding with Sausages 	Fish 
OPTION 2	Steak Bake 	Cottage Pie 	Chicken Korma and Rice 	Lasagne and Garlic Bread 	Chicken Gyros 
OPTION 3 (VEGETARIAN)	Three Cheese and Spinach Wrap 	Quorn Bolognese and Spaghetti 	Pizza and Chips 	Meat-free Meat Balls in Tomato Sauce 	Cheese and Broccoli Quiche 
SIDES	Seasonal Vegetables Roast Potatoes	Seasonal Vegetables Roast Potatoes	Beans Chips	Seasonal Vegetables Roast Potatoes	Beans Mushy Peas Chips
DESSERTS	Jam and Coconut Sponge 	Lemon Shortcake 	Wellington Fudge 	Assorted Puddings 	Assorted Puddings 