



WEEK 3

MAIN MEALS	Chilli Nachos Or Egg Mayonnaise Salad (v)	Steak Pie Or Vegetarian Curry (v)	Salmon Tagliatelle Or Cheese Wheel (v)	Roast Chicken with Mealie Or Pasta Bake (v)	Beef Burger Or Vegetable Risotto (v)
CARBOHYDRATE	Rice	Baby Boiled Potatoes Or Rice	Crusty Bread	Mashed Potatoes	Chips
VEGETABLES	Vegetable Medley Or Peas	Sweetcorn Or Mixed Veg	Baked Beans Or Peas	Carrots Or Broccoli	Coleslaw Or Sweetcorn
DESSERT	Fresh Fruit Selection				