



WEEK 3

MAIN MEALS	Carrot & Coriander Soup (v) or Salmon Fish Finger	Cheese Wheel (v) or Turkey Sandwich	Sweet Potato & Butternut Squash Soup (v) or Chicken Korma	Potato & Vegetable Soup (v) or Macaroni Cheese (v) or Tuna & Sweetcorn Wrap	Stovies & Oatcake Or Cheese & Tomato Pizza (v)
CARBOHYDRATE	Mashed Potatoes	Garlic Bread	Rice	Diced Potatoes	
VEGETABLES	Baked Beans	Peas	Mixed Vegetables	Broccoli	Beetroot Or Sweetcorn
DESSERT	Fresh Fruit Selection				