



WEEK THREE



Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cowboy Pie (Sausage meat & Beans)	Shepherd's Pie	Broccoli & Salmon Penne Bake	Chicken Korma with rice & Naan bread	Cheesy Meatball Pasta Bake
Second Food Option	Quorn	Quorn Shepherd's Pie	Vegetable Pasta Bake	Quorn	Cheesy Pasta Bake
Starchy Dish	Potato	Potatoes	Penne pasta	Rice & Naan Bread	Pasta
Vegetables	Beans	Swede & Peas	Broccoli	Broc Cauliflower	Sweetcorn
Pudding	Yeo Valley strawberry Yoghurt	Natural Yoghurt	Petit Filous	Strawberry Angel Delight (No added sugar)	Semolina & peach sauce
Tea	Croissants with Ham & Grated Cheese	Marmite on wholemeal toast	Wraps with Philadelphia cheese Grated carrot	Bagels with cream Cheese	Mediterranean Couscous salad Sweetcorn, Peas Cucumber and Carrots
Second Food Option					
Pudding	Fruit salad	Pear crumble	Sugar free jelly	Melon slices	Waffles & fresh fruit

The food groups are:

- 1 Bread, rice, potatoes, pasta & other starchy foods,
- 2 Fruit & vegetables,
3. Milk, cheese & yogurt,
4. Meat, fish, eggs, nuts & pulses,
5. Foods high in fat and sugar.