WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Italian Pasta Bolognaise With Garlic Bread Slice	Chicken tikka masala with 50/50 rice	Roast turkey & stuffing with crispy roast potatoes And Gravy	Margherita pizza with new potatoes	fish fingers served with chunky chips
VEGETARIAN MAIN DISH	Sweet Potato and lentil curry with 50/50 rice	Vegetable lasagne with herby dough balls	Creamy Veg pie with roast potatoes and gravy	vegtable chow mein	Vegetarian burger With chunky chips
ACCOMPANIMENTS  5	Seasonal Vegetables Salad pot	Seasonal Vegetables Salad pot	Seasonal Vegetables Salad pot	Seasonal Vegetables Salad pot	Seasonal Vegetables pot
DESSERTS	Lemon shortbread	Sprinkle Cake	FlapJack	Fresh fruit and ice cream	Fruit and jelly
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)







KEY 5 - 1 OF YOUR 5 A DAY FEE - MEAT-FREE MONDAY - CHEF'S CHOICE



