	WEEK 3	MENT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The state of the s	MAIN DISH	Margherita pizza with baked potato wedges	Chicken fillet burger with baked wedges	Roast turkey with mashed potato & gravy	Spanish chicken in a tomato sauce with 50/50 rice	Crispy fish fingers with chunky chips
	VEGETARIAN MAIN DISH	Vegetarian pasta bake	Veggie sausage hotdog with baked wedges	Vegetarian toad in the hole served with mashed potato	Tomato 8 roasted vegetable pasta	Vegetarian burger with chunky chips
ONE 1982 THE STREET	ACCOMPANIMENTS 5	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Peas & baked beans Salad bar
	DESSERTS	Plain muffin	Chocolate crunch	Cheese & crackers with grapes	Chocolate & pear sponge with custard	Ginger biscuit
Section 18	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 MEAT - MEAT-FREE MONDAY - CHEF'S CHOICE





