

### MENU PLAN WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<b>NO MEAT</b>
<b>MAIN MEAL 1</b>	<b>CHICKEN BURGER WITH BISTRO SALAD (NF) (DF)</b>	<b>PASTA CARBONARRA WITH GARLIC BREAD (NF)</b>	<b>ROAST DINNER YORKSHIRE PUDDING (NF) (GF) (DF) – WITHOUT YORKSHIRE</b>	<b>SPICY CHICKEN &amp; BEAN ENCHILADA WITH SAFFRON RICE (NF) (DF)</b>	<b>FRIED FISH WITH FRENCH FRIES AND GARDEN PEAS</b>
<b>MAIN MEAL 2</b>	<b>TOMATO AND BASIL PASTA BAKE WITH GARLIC BREAD AND SALAD (DF) (NF)</b>	<b>HOME MADE COTTAGE PIE WITH ROAST POTATO (NF)</b>	<b>BEEF &amp; SPINICH CURRY WITH PILAU RICE &amp; NAN BREAD (GF) (NF)</b>	<b>BRAISED SAUSAGE &amp; MASHED POTATO (GF) (NF) (DF)</b>	<b>MIXED VEGETABLE QUICHE</b>
<b>ALLERGENS</b>	<b>GLUTEN FREE PASTA BAKE</b>				<b>GLUTEN FREE PIZZA (GF) (DF)</b>
					<b>ITALIAN STYLE PANNINI WITH FRENCH FRIES</b>
<b>VEGETRIAN OPTION</b>	<b>SPICY VEGETABLE BURGER</b>	<b>VEGETABLE CARBONARRA (NF)</b>	<b>VEGETABLE CURRY &amp; RICE</b>	<b>VEGETABLE ENCHILADA</b>	
<b>GF-GLUTEN FREE</b>					
<b>DF- DAIRY FREE</b>					
<b>NF – NUT FREE</b>					
<b>POTATO CHOICE</b>	<b>JACKET POTATO WEDGES</b>	<b>JACKET POTATO MASHED POTATO</b>	<b>JACKET POTATO ROAST POTATO</b>	<b>JACKET POTATO POTATO WEDGES</b>	<b>FRENCH FRIES</b>
<b>DESSERTS</b>	<b>APPLE PIE</b>	<b>STICKY TOFFEE PUDDING</b>	<b>PEAR AND TOFFEE SPONGE CRUMBLE</b>	<b>MARBLE CAKE</b>	<b>CHOCOLATE SPONGE /SAUCE</b>