

WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main course 1	Sausages	Cheese and tomato pizza	Chicken fricassee Rice	Minced steak with vegetable	Crispy cod bites
Starchy dish	Mashed potato	Boiled potatoes	Mashed potato	Mashed potato	Jacket wedges Mashed potato
Vegetables	Mixed salad Baked beans	Beetroot	Green salad Peas	Broccoli florets Green salad	Coleslaw Green salad
Soups/ Puddings	Selection of fresh fruit Selection of yoghurts Apple crumble	Chicken broth	Selection of fresh fruit Selection of yoghurts Syrup sponge	Fresh fruit salad Selection of yoghurts	Swiss roll with jam Selection of fresh fruit Selection of yoghurts
Sauce	Custard		Custard	Jelly	Custard