

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Cereal	Toasted Waffels with Fruit Compote or Honey	Beans on Toast	Assorted Cereal	Scrambled Egg on Toast
Lunch	Three Cheese Mac and Cheese, Garlic Bread and Garlic Roasted Courgette  Dairy Free Mac and Cheese  Mixed Fruit with Greek Yogurt	Cottage Pie, Mashed Potato and Steamed Carrots and Broccoli  Vegan Cottage Pie  Fruit Salad	Chilli Con Carne, Rice, Tortilla Chips and Homemade Guacamole  Vegan Chilli  Assorted Melon Slices	Roast Chicken Dinner, Roast Potatoes, Peas, Cauliflower, Yorkshire Pudding  Quorn Chicken  Yogurt Pots	Chicken Korma, Steamed Mixed Vegetables, Rice and Vegetable Spring Rolls  Vegetable Korma  Banna Split with Cream and Chopped Grapes
Tea	Chicken Enchiladas, Courgette Cous-Cous and Buttered Sweetcorn  Vegetable Enchiladas  Ginger Cake with Cream Cheese Frosting	Homemade Cheese Burgers, Sweet Potato Fries and Corn on the Cob  Vegan Burgers  Beetroot Brownie	Spanish Chicken, Paprika Potato Wedges, Peas and Sweetcorn  Vegan Chicken  Victoria Sponge	Swedish Turkey Meatballs, Spaghetti, Buttered Roasted Parsnips  Vegan Meatballs  Apricot Flapjack	Sausage Plait, Mashed Potato and Buttered Peas  Vegan Plait  Lemon Drizzle Cake