

# Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Bunless Burger Box with Crispy Wedges and Salad	Mince Beef Pie with Mashed Potato, Vegetables and Gravy	Roast Glazed Ham with Mash, Vegetables and Gravy	Beef Lasagne with Garlic Bread and Salad	Southern Fried Chicken Goujons with Chips and Baked Beans or Peas
Option 2	Beetroot and Feta Burger with Baked Spiced Wedges and Salad	Brazilian Black Bean Stew with Wholegrain Rice and Vegetables	Roast Quorn with Mash, Vegetables and Gravy	Veggie Lasagne with Garlic Bread and Salad	Battered Fish with Chips and Baked Beans or Peas
Option 3	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings	Paninis Pasta and Sauces Freshly Baked Pizza Jacket Potato and Toppings