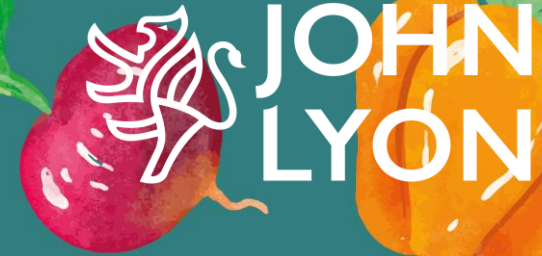


# WEEK 3

# LUNCH



	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Minced lamb macaroni	Chicken biryani	Caribbean shepherd's pie	Seafood stir fry with rice noodles	Giant fish fingers with chips
Main meal	Oven baked veggie wrap (Ve)	Vegan sausages & mash	Vegetable paella (Ve)	Potato & mushroom frittata (V)	Margherita pizza with toppings
Main meal	Pesto & parmesan spaghetti (V)	Butternut squash pastry (V)	Pasta alla sicilliana (V)	Garlic tofu & rice (Ve)	Vegan pizza
Dessert	Vegan jelly	Toffee apple cake	Mixed cut fruit & berries	Apple crumble with custard	Triple chocolate brownie
Every day	Jacket potatoes with baked beans, tuna, cheese Seasonal fresh vegetables Fresh baked bread Soup of the day A selection of basic and complex salads Fresh cut and whole fruit (All desserts are eggless and vegan alternatives are available)				