

Sep-17

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
ham sandwich cheese sandwich Arrabiata (PK)(G.F/V/V) chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand beef and carrot hotpot(G.F) Chicken a la King Cheese burgeri (PK) Chicken flatbread Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni Smokey Three Bean Chilli(V)	ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand Basilico (PK)(G.F/V/V) Beef Burrito Chicken flatbread Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni sticky chicken Sweet Chilli Chicken (PK)(G.F) Vegetarian hot pot Pie (V)	ham sandwich cheese sandwich asian- marinated baked salmon(G.F) chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand Chicken flatbread Enriched Pomodoro Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni Quorn and Sweet Potato Curry (G.F/V) Roast Beef(G.F) Spicy Sausage (PK) Yorkshire Pudding	ham sandwich cheese sandwich quorn biryani(V)(G.F) Arrabiata (PK) (G.F/V/V) chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand beef burger Chicken flatbread Chicken Tikka (PK) (G.F) Chicken Tikka Massala(G.F) Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni pizza margherita pizza pepperoni	ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand beef sweet chilli vegetable stir-fry(G.F) Chicken flatbread Chicken Italiano (PK) (G.F) Pomodoro(G.F/V/V) Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni ranch pie with root veg(V) scampi
50/50 rice Baked Potato fortified pasta garlic bread slices Vegetable Soup	Baked Potato fortified pasta garlic bread slices New Potatoes Vegetable Soup	50/50 rice Baked Potato fortified pasta Roast Potatoes Vegetable Soup	50/50 rice Baked Potato diced herbie fortified pasta naan bread Vegetable Soup	Baked Potato chips fortified pasta Vegetable Soup
baked beans Carrots Green Beans plated salad	baked beans Green Salad Mixed vegetables plated salad	baked beans broccoli Cauliflower plated salad	baked beans Green Salad plated salad	mushy peas baked beans plated salad
fresh fruit Apple apple and grape bags Apricot Flapjack(T.B) Banana Fruit yoghurt Oranges pancakes & fruit	fresh fruit Apple anytime nutmeg cake apple and grape bags Banana chocolate crackle(T.B) custard Fruit yoghurt Oranges	fresh fruit Apple carrot and apple slice(T.B) apple and grape bags Banana Fruit cheesecake Fruit yoghurt Oranges	fresh fruit Apple apple and grape bags Banana chocolate crunch with cranberries(T.B) custard Fruit yoghurt Iced cornflake special Oranges	fresh fruit Apple apple and grape bags apricot and blueberry cake Banana Fruit yoghurt fruit shortbread(T.B) Oranges
banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(oran)
Sandwich bread Garlic Bread	Sandwich bread	Sandwich bread	Sandwich bread naan bread	Sandwich bread

P.K = PASTA KING
G.F = GLUTEN FREE
V= VEGETARIAN
T.B = TRAY BAKE
V=VEGAN