	WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 CONT. LEGISLAND BA	MAIN DISH	Creamy tomato pasta	Pork sausage with creamy mash potato & gravy	Roast chicken with roast potatoes & gravy	Homemade lasagne with garlic bread	Fish fingers or salmon fingers with chunky chips
	VEGETARIAN MAIN DISH	Margherita pizza with baked potato wedges	Vegetarian sausage, mash & gravy	Cheese & onion pie served with new potatoes	Cheese oatcakes	Crispy vegetable fingers with chunky chips
ONE THE PROPERTY.	ACCOMPANIMENTS 5	Seasonal vegetables Salad bar	Green beans 8 cauliflower Salad bar	Carrots & parsnips Salad bar	Seasonal vegetables Salad bar	Peas & baked beans Salad bar
	DESSERTS	Fruit flapjack	Sticky toffee pudding with custard	Carrot cake	Fruit crumble & custard	Lemon biscuit
Section 1982	FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Post Name of Street, or	JACKET POTATO AND SANDWICH SELECTION	Jacket potato or filled sub roll	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)







KEY 5 - 1 OF YOUR 5 A DAY FEE - MEAT-FREE MONDAY - CHEF'S CHOICE



