

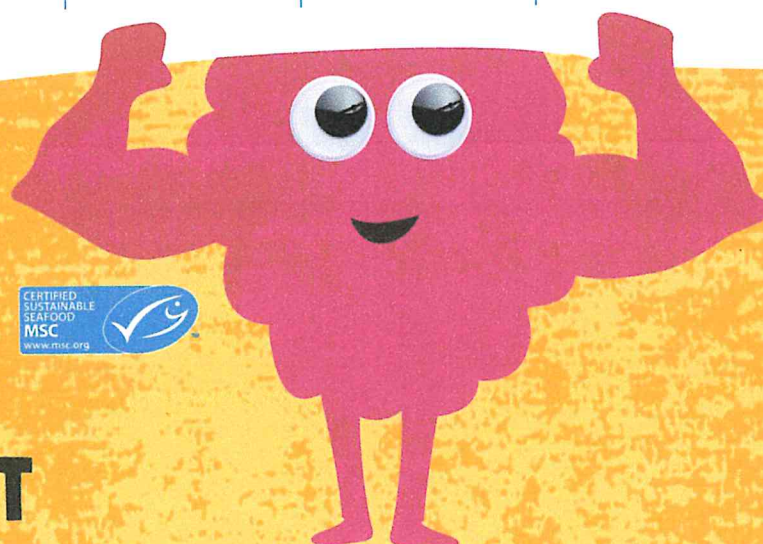
Allergy information available on request

WEEK 3

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul, 16th Sept, 7th Oct

MONDAY	Chickpea and Spinach Curry with Vegetable Rice (v)	Crispy Noodles (ve)	Pasta with Lentil Tomato Sauce	Hot Seasonal Vegetables	Wasty to Tasty Dessert Fruit/Yoghurt
TUESDAY	Tuscan Chicken with New Potatoes	BBQ Baked Beans and Cheese Pastry Pocket with New Potatoes (v)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Hot Seasonal Vegetables	Fruit Shortbread Fruit/Yoghurt
WEDNESDAY	Roast Pork with Roast Potatoes and Gravy	Loaded Meatless Meatball Bake with Wedges (v)	Pasta with Lentil Tomato Sauce	Hot Seasonal Vegetables	Easiyo Mousse Fruit/Yoghurt
THURSDAY	Beef Bolognese with Pasta	Vegetable Lasagne (v)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Hot Seasonal Vegetables	Oat Fruit Slice Fruit/Yoghurt
FRIDAY	Oven Baked Fish Fingers with Chips	Curried Cauliflower Naan with Chips (v)	Pasta with Lentil Tomato Sauce	Hot Seasonal Vegetables	Jelly Fruit/Yoghurt



FOOD SMART
Be More
FOR BODY AND BRAIN

AiP
ALLIANCE = PARTNERSHIP