

Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup (Ve)	Vegetable and Rice Soup (Ve)	Vegetable Soup (Ve)	Tangy Tomato Soup (Ve)	Vegetable Soup (Ve)
Option 1	Simply Perfect Spaghetti Bolognese (Carrot, Mexican-Style Corn Salad)	Meatball Sub Melt (Rainbow Salad, Coleslaw)	BBQ Pepper and Beans Fajita (Ve) (Baked Beans, Spinach Salad)	Bubble Fish and Chips (Rainbow Salad, Coleslaw) (serve with condiment)	Chicken Biryani (Broccoli, Mexican-Style Corn Salad)
Option 2	Mini Spring Rolls with Sweet Chilli Dipping, with Potato Wedges (Ve) (Carrot, Mexican-Style Corn Salad)	Selection of Sandwich (Cheese (V), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)	Sausage Roll with Potato Wedges (Ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato: Cheese (V) or Beans (V) (Rainbow Salad, Coleslaw)	Hawaiian Pizza / Margherita Pizza (V) (Broccoli, Mexican-Style Corn Salad)
Dessert	Vanilla Ice Cream (V)	Oaty Flapjack (V)	Fruity Yoghurt (V)	Fruit Salad (Ve)	Orange Jelly (Ve)

(V) – Vegetarian

(VE) – Vegan