IFG *Primary*

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Turkey Meatballs in Tomato Sauce with Whole Wheat Pasta	Mild chicken Korma with Wholegrain Rice	Chicken & Broccoli Pasta Bake	Beef Lasagne	Salmon Fishcakes and Chips
Vegetarian Main Meal	Quorn and Vegetable Bake with Crispy Potato Topping	Roasted Vegetable and Bean Enchilada	Cheese & Broccoli Pasta Bake	Butternut Squash, Spinach and Coconut Curry with Wholegrain Rice	Broccoli and Cheddar Cheese Quiche with Chips
Vegetables	Broccoli and Carrots	Mixed Seasonal Vegetables	Roasted Root Vegetables	Green Beans	Garden Peas
Jacket potatoes	Baked Beans, Tuna Mayo Or Cheese	Baked Beans, Tuna Mayo Or Cheese	Baked Beans, Tuna Mayo Or Cheese	Baked Beans, Tuna Mayo Or Cheese	Baked Beans, Tuna Mayo Or Cheese
Pudding	Oaty Apple Crumble and Custard	Fruity Flapjack	Jam Sponge and Custard	Blueberry Muffin and Yoghurt Drizzle	American Pancake with Forest Fruit or Syrup
Sandwich / Baguette	Ham Roll - Cheddar Cheese Roll	Tuna and Sweetcorn Sandwich - or Chicken Roll	Cream Cheese & Cucumber Wrap - Ham Sandwich	Tuna and Cucumber Sandwich - Cheddar Cheese Roll	Chicken & Sweetcorn Mayo Wrap - or Cream Cheese Roll