

THINK 5 A DAY / VEGETABLES AND FRUITS

Main course of the day with hot pudding/fruit/yoghurt

£2.20

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Maincourse	Chilli Con Carne	chicken pie	Beef Cobbler	Chicken and vegetable stir fry	Fish
			Tuna Pasta Bake		scampi
Maincourse Vegetarian	Chickpea stew	Roasted Vegetables in batter	Vegetable quiche	Spicy vegetable Fajitas	Vegetable topped muffin
Rice-Pasta-Potato	Rice	Roast potatoes	Mashed potato with spring onion	noodles	chips
Vegetables	sweetcorn	cabbage	peas & carrots	Mixed Vegetables	Baked beans
Accompaniments	salad free	salad free	salad free	salad free	salad free
Pasta Bar	Pasta & cheese	Pasta & cheese	Pasta & cheese	Pasta & cheese	Pasta & cheese
	Bolognese sauce	Tuscan Bean Sauce	Pomodora sauce	Arrabbatti	Amatricai
	pasta	pasta	pasta	pasta	pasta
	Pasta & Beans	Pasta & Beans	Pasta & Beans	Pasta & Beans	Pasta & Beans
	pasta & tuna	pasta & tuna	pasta & tuna	pasta & tuna	pasta & tuna
Jacket potatoes bar	jacket potato and tuna	jacket potato and tuna	jacket potato and tuna	jacket potato and tuna	jacket potato and tuna
	jacket potato & cheese	jacket potato & cheese	jacket potato & cheese	jacket potato & cheese	jacket potato & cheese
	jacket potato & beans	jacket potato & beans	jacket potato & beans	jacket potato & beans	jacket potato & beans
Sweet	Fruit Goodie	Sponge	Semolina pudding	Fruit Pie	whip
	custard	custard	ambrosia rice pudding	custard	ambrosia rice pudding
	ambrosia rice pudding	ambrosia rice pudding	yogurts	ambrosia rice pudding	yogurts
	yogurts	yogurts	Fresh fruit	yogurts	Fresh fruit
	Fresh fruit	Fresh fruit		Fresh fruit	

WE ARE NEW LINE LEARNING ACADEMY