# WEEK 3 MENU

W/C: 13/11, 04/12, 22/01, 12/02, 04/03, 25/03





GRAB & GO
OPTIONS

MON	Turkey Con Chilli <b>№ ※</b> Served with Wholegrain Rice and Vegetables	Cauliflower Mac'n'Cheese   Served with Pizza Pinwheel and Salad
TUE	<b>Steak Mince Pie</b> Served with Mashed Potato, Vegetables and Gravy	<b>Vegan Chilli ⊙ ॐ </b> Served with Wholegrain Rice and Peas
WED	<b>Roast Turkey</b> Roast Potatoes Vegetables and Gravy	<b>Louisiana Soul Bowl №</b> Served with Mexican Yellow Rice and American Slaw
THUR	<b>Beef Bolognese  ॐ</b> Served with Wholewheat Pasta and Peas	Sweet and Sour Vegetables   Served with Wholegrain Rice
FRI	Southern Fried Chicken Goujons Served with Chips Peas or Baked Beans	Mexican Loaded Wedges ♥ Served with Peas and Baked Beans

## **WEEKLY SPECIAL**

Sweet Chilli Chicken Noodle Salad

### **SALADS:**

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad

## **SANDWICHES/BAGUETTES:**

Cheese and Pickle Sandwich
Chicken, Lettuce & Mayo Sandwich
Cheese Sandwich 
Ham Baguette
Cheese & Tomato Baguette

## **WRAPS:**

Tuna Crunch Wrap ₩
Pepper and Houmous Wrap w ₩

#### **HOT DISHES:**

Paninis and Freshly Baked Pizza Pasta & Sauces Jacket Potato and Toppings Love Joe's Mexican Burrito