



WEEK 3

1 Choose from...

MONDAY

Chicken Curry

to go with
Carrots, Peas, Steamed Rice,
Seasoned Herby Diced
Potatoes

Main

Toad in the Hole

to go with
Broccoli, Mashed Potato,
Seasoned Herby Diced
Potatoes, Roasted Swede

Roast Chicken & Stuffing

to go with
Cabbage, Carrots,
Cauliflower, Roast Potatoes
Carrots, Mashed Potato, Seasoned
Herby Diced Potatoes, Spaghetti
Hoops, Homemade Potato Wedges

TUESDAY

Chickpea & Spinach Burger

to go with
Carrots, Peas, Steamed Rice,
Seasoned Herby Diced
Potatoes

Quorn & Vegetable Pie

to go with
Broccoli, Mashed Potato,
Seasoned Herby Diced
Potatoes, Roasted Swede

Cumberland Pie

to go with
Baked Beans, Chips, Mixed
Veg, Mashed Potato, Seasoned
Herby Diced Potatoes

WEDNESDAY

Fish Cake

to go with
Carrots, Seasoned Herby Diced
Potatoes, Spaghetti Hoops,
Homemade Potato Wedges

Sausage

to go with
Baked Beans, Chips, Mixed
Veg, Mashed Potato, Seasoned
Herby Diced Potatoes

Fish Fingers

to go with
Baked Beans, Chips, Mixed
Veg, Mashed Potato, Seasoned
Herby Diced Potatoes

THURSDAY

Italian Bean Bake

to go with
Carrots, Mixed Pasta, Seasoned
Herby Diced Potatoes, Spaghetti
Hoops, Homemade Potato Wedges

Cheese & Tomato Pizza

to go with
Baked Beans, Chips, Mixed
Veg, Seasoned Herby Diced
Potatoes

Vegetable Frittata

to go with
Cabbage, Carrots,
Cauliflower, Roast Potatoes

Vegan Nuggets

to go with
Broccoli, Mashed Potato,
Seasoned Herby Diced
Potatoes, Roasted Swede

Cheese, Pepper & Onion Roll

to go with
Carrots, Peas, Steamed Rice,
Seasoned Herby Diced
Potatoes

Tutti Fruity Sponge

to go with
Custard

Cornflake Crunchie

to go with
Fresh Fruit Bar,
Yoghurt, Cheese and
Biscuits

Cherry Cake

to go with
Fresh Fruit Bar,
Yoghurt, Cheese and
Biscuits

Plain Sponge

to go with
Fresh Fruit Bar,
Yoghurt, Cheese and
Biscuits

...and to finish!

Bread and Salad will be
available at Lunch Times

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Please speak to a member of the Catering Team or view relishschoolfood.co.uk for Allergen Information