

# MAKE

## WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Choice	Fresh Hot Pulled BBQ Chicken Baguette	Traditionally made Italian Style Lasagne	Roast of the Day with Traditional Accompaniments	Moroccan Chicken with Cous Cous and Lemon	Deep Fried Fish with Lemon & Tartare Sauce
Main Meal 2	Aromatic Beef Balti served with Mixed Rice	Freshly Oven Baked Meat and Potato Pasty	Traditional Mexican Style Spicy Beef Burritos	Italian Roasted Vegetable, Tomato and Basil Fusilli Bake	Herb and Potato Topped Country Vegetable Bake
Vegetarian	Creamy Herb Crumbed Macaroni Cheese	Spinach and Chick Pea Curry with Wholegrain Rice	Chinese Style Sweet and Sour Vegetable Chow Mein	Tangy Cheddar Cheese and Onion Flan	
Vegetables	Jacket Wedges Garden Peas Sweetcorn Baked Beans Mixed Garden Salad	New Potatoes Green Beans Fresh Carrots Baked Beans Mixed Garden Salad	Roast Potatoes Seasonal Greens Carrots and Peas Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Broccoli Roasted Vegetables Baked Beans Mixed Garden Salad	Chipped Potatoes Mushy Peas Baked Beans Mixed Garden Salad
	Hot Sweet of the Day Fresh Fruit Salad	Hot Sweet of the Day Fresh Fruit Salad	Hot Sweet of the Day Fresh Fruit Salad	Hot Sweet of the Day Fresh Fruit Salad	Hot Sweet of the Day Fresh Fruit Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				