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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Dish | Chicken tikka masala with pilau rice and cucumber raita | Creamy chicken and leek pie with a golden pastry top served with mash potatoes | Roast beef, Yorkshire puddings and gravy with crispy roast potatoes | Beef Dhansak  with pilau rice | Jumbo fish fingers served with chunky chips |
| Vegetarian Main Dish | Mixed bean and aubergine tagine with couscous | Vegetable moussaka | Vegetarian toad in the hole with gravy and crispy roast potatoes | Spiced vegetable jambalaya | Roasted Mediterranean vegetable calzone |
| Accompaniments | Sweetcorn  Crispy summer salad | Carrot batons  Crispy summer salad | Cauliflower cheese  Braised red cabbage  Crispy summer salad | Green beans  Crispy summer salad | Mushy peas  Crispy summer salad |
| Jacket Potatoes | Grated cheddar, baked beans or coleslaw | Grated cheddar, baked beans or coleslaw | Grated cheddar, baked beans or coleslaw | Grated cheddar, baked beans or coleslaw | Grated cheddar, baked beans or coleslaw |
| Sandwiches | Ham, Cheese, Tuna | Ham, Cheese, Tuna | Ham, Cheese, Tuna | Ham, Cheese, Tuna | Ham, Cheese, Tuna |
| Dessert | Rhubarb and custard cake | Saucy chocolate and orange pudding and custard | Rice pudding with a fruit compote | Apple and sultana samosa  and custard | Chocolate and banana slice |