

# epwORTH primary



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chilli Con Carne with Mixed Rice and Tortilla	Chicken Casserole with Dumplings	Toad in the Hole with Potatoes and Gravy	Homemade Meat and Potato Pie	Chicken Strips & Chips
Vegetarian Main Meal	Vegetable Jambalaya	Cheese and Onion Quiche	Roast Vegetable Filo Parcels with Potatoes	Mediterranean Vegetable and Quorn Pasta	Vegan Sausage with Chips
Seasonal Vegetable	Garden Salad/Peas	Sweetcorn & New Potatoes	Veg Medley	Carrot & Peas	Baked Beans
Jacket Potatoes	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pick and Mix	Ham or Cheese Sandwich	Turkey or Tuna Sandwich	Chicken or Egg Mayo Sandwich	Ham or Cheese sandwich	Tikka mayo or Cheese and Tomato sandwich
Pudding	Banana Cup cakes with Yoghurt	Strawberry Mandarin Jelly	Fruit Yoghurt	Chocolate Rice Krispy Cake	Ice cream