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WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Sweet & Sour Chicken Meatballs & Sunny Rice 	Beef Lasagne & Garlic Bread 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad 	MSC Fish Fingers & Chips
<b>Main Meal Option 2</b>	Cheesy Tomato Pasta Bake 	Chinese Sweet Chilli Quorn Stir Fry & Mixed Rice <sup>VG</sup> 	Mediterranean Vegetable & Chickpea Stew & Roast Potatoes <sup>VG</sup> 	Bean Burrito & Potato Wedges <sup>VG</sup> 	Cheese & Onion Puff Pastry Roll
<b>Vegetables</b>	British Red Tractor Garden Peas, Baked Beans 	Broccoli, Cauliflower & Carrots 	Broccoli, Carrots & Sweetcorn 	British Red Tractor Garden Peas or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
<b>Dessert</b>	Strawberry Mousse & Fruit Slices 	Chocolate Cookie & Orange Wedges <sup>VG</sup> 	Vanilla Cupcake	Chocolate Crunch 'Concrete' <sup>VG</sup> & Chocolate Sauce	Homemade Jam Sponge & Custard



England's target for 'free sugar' intake for your child  
 Recommended fruit and vegetable portion sizes are calculated using School Food Standards.  
 On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.