

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Creamy Butternut Squash, Carrot & Chickpea Korma	Braised Beef & Root Vegetable Casserole	Roast Chicken Breast	Moroccan Lamb & Chickpea Tagine	Mediterranean Fish Bake
MEAT FREE					
MAIN COURSE	Vegetarian Meatballs with Tomato & Herb Sauce	Butterbean & Root Vegetable Casserole	Roast Quorn Fillet	Moroccan Soya & Chickpea Tagine	Mediterranean Cauliflower Bake
<i>Sides</i>	Steamed Rice & Broccoli Floret	Mashed Potato & Sweetcorn	Crisp Roast Potatoes, Garden Peas & Gravy	Jewelled Couscous & Sliced Carrots	Pearl Barley & Whole Green Beans
<i>Second Course</i>	Watermelon Slice	Pineapple Sticks	Vanilla Yoghurt & Mango Pieces	Flapjack Triangle	Fresh Fruit Salad

DATES: 13TH JANUARY | 3RD FEBRUARY | 24TH FEBRUARY | 17TH MARCH | 7TH APRIL

