

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Food	<p>Sausage & mash with vegetables & gravy</p> <p>Quorn sausage alternative</p> <p>Tangy tomato pasta pots</p> <p>Baked jacket potato with cheese or beans or tuna</p>	<p>Lasagne with salad & garlic bread</p> <p>Vegetable lasagne</p> <p>Peri peri chicken rice with salad</p> <p>Baked jacket potato with cheese or beans or tuna</p>	<p>Homemade cheese & onion quiche with potatoes and vegetables</p> <p>Pizza meatball pasta pots</p> <p>Baked jacket potato with cheese or beans or tuna</p>	<p>Chicken tacos with rice & corn on the cob</p> <p>Veggie mince tacos</p> <p>Margherita pasta pots</p> <p>Baked jacket potato with cheese or beans or tuna</p>	<p>Salmon fish finger bun with chips & beans</p> <p>Chicken burger in a bun with chips</p> <p>Baked jacket potato with cheese or beans or tuna</p>
The Pod	Pre-order sandwiches, ciabattas, baguettes, grab-a-bag, paninis	Pre-order sandwiches, ciabattas, baguettes, grab-a-bag, paninis	Pre-order sandwiches, ciabattas, baguettes, grab-a-bag, paninis	Pre-order sandwiches, ciabattas, baguettes, grab-a-bag, paninis	Pre-order sandwiches, ciabattas, baguettes, grab-a-bag, paninis
Desserts	<p>Cookie of the day</p> <p>Iced muffin</p> <p>Crackers 'n' cheese</p> <p>Fruit</p> <p>Jelly squeeze</p>	<p>Cookie of the day</p> <p>Iced muffin</p> <p>Crackers 'n' cheese</p> <p>Fruit</p> <p>Jelly squeeze</p>	<p>Cookie of the day</p> <p>Iced muffin</p> <p>Crackers 'n' cheese</p> <p>Fruit</p> <p>Jelly squeeze</p>	<p>Cookie of the day</p> <p>Iced muffin</p> <p>Crackers 'n' cheese</p> <p>Fruit</p> <p>Jelly squeeze</p>	<p>Cookie of the day</p> <p>Iced muffin</p> <p>Crackers 'n' cheese</p> <p>Fruit</p> <p>Jelly squeeze</p>
Mid morning Break	<p>Bacon/sausage barm</p> <p>Cheese on toast</p> <p>Crumpet/toast</p> <p>Hash brown</p> <p>Yoghurt</p> <p>Fruit</p>	<p>Bacon/sausage barm</p> <p>Cheese on toast</p> <p>Crumpet/toast</p> <p>Hash brown</p> <p>Yoghurt</p> <p>Fruit</p>	<p>Bacon/sausage barm</p> <p>Cheese on toast</p> <p>Crumpet/toast</p> <p>Hash brown</p> <p>Yoghurt</p> <p>Fruit</p>	<p>Bacon/sausage barm</p> <p>Cheese on toast</p> <p>Crumpet/toast</p> <p>Hash brown</p> <p>Yoghurt</p> <p>Fruit</p>	<p>Bacon/sausage barm</p> <p>Cheese on toast</p> <p>Crumpet/toast</p> <p>Hash brown</p> <p>Yoghurt</p> <p>Fruit</p>