| Week3 W/C 10/03, Weekly me Monday                        |                                 | Wednesday  | Thursday                             | Friday                              |
|--|---------------------------------|--|--------------------------------------|-------------------------------------|
| BREAK SNACK - Fresh Fruit                                | BREAK SNACK - Cheese & crackers | BREAK SNACK - Fruity<br>Flapjack                   | BREAK SNACK - Fresh<br>fruit/crudité | BREAK SNACK - Sweet Treat<br>Friday |
| MEAT FREE MONDAY -<br>Jacket potato cheese & beans       | Jerk chicken thigh              | PASTA DAY - Spanish beef<br>with paprika & peppers | Roast gammon and gravy               | Fishy Friday                        |
| MEAT FREE MONDAY -<br>Cheese & onion quiche              | Jerk cauliflower                | PASTA DAY - Tomato & herb                          | Stuffed mushroom                     | Cheesy sweetcorn fritters           |
| Herby diced potatoes                                     | Rice & peas                     | Homemade garlic bread                              | Rustic roasties                      | Chips                               |
| Sweetcorn  | Green beans                     | Sweetcorn & peas                                   | Carrots, cabbage                     | Peas                                |
| Syrup sponge with custard                                | Yoghurt, Fruit, Smoothie        | Lemon drizzle cake                                 | Yoghurt, Fruit, Smoothie             | Banoffee pots                       |
| Available daily Salad bar, Homemade bread, Jacket potato |                                 |  |                                      | HARRISON food with thought          |