WEEK 3 MENUS WEEK BEGINING: - **22nd November 2021**

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|  | SNACK AMCrackers, soft cheese fruit | SNACK PMCucumber, carrot, rice cake |  |
| MONDAY | MAINBeef and dumplings | DESSERT Honey and oat bars | TEASausage rolls and spaghetti |
|  |  |  |  |
|  | SNACK AMToast/bagel/crumpetfruit | SNACK PMBreadsticks, cheese, fruit |  |
| TUESDAY | Chicken lasagne | Fruit crumble and custard | Fishcakes and sweet potato fries |
|  |  |  |  |
|  | SNACK AMCucumber, carrot, rice cake | SNACK PMOatmeal biscuit, fruit |  |
| WEDNESDAY | Spanish rice | Greek yoghurt and fruit |  Cottage pie |
|  |  |  |  |
|  | SNACK AMBreadsticks, cheese, fruit | SNACK PMCrackers, fruit |  |
| THURSDAY | Salmon pie | Marmalade cake with orange sauce | Pasta surprise |
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|  | SNACK AMOatmeal biscuit, fruit | SNACK PMWholemeal Toast/crumpetfruit |  |
| FRIDAY | Pesto pasta | Australian crunchie  | Chilli and tortillas |