**Autumn/Winter 2020 MENU – WEEK 3**

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| **OPTION** | **MONDAY** | | **TUESDAY** | | | **WEDNESDAY** | | | **THURSDAY** | | | **FRIDAY** | |
| 1 | Cooks Choice  Pasta Bakewith broccoli | [Chicken Pasta Salad with Italian Dressing • Bread Booze Bacon](https://www.google.co.uk/imgres?imgurl=https://breadboozebacon.com/wp-content/uploads/2016/04/Caramelized-Onion-Chicken-Pasta-Salad-SQUARE-500x375.jpg&imgrefurl=https://breadboozebacon.com/caramelized-onion-chicken-pasta-salad/&tbnid=0G51aFJODl34FM&vet=12ahUKEwjh4NrD9eDqAhWF34UKHaJvDcoQMyhiegUIARDnAQ..i&docid=DqduX0qhqGeDPM&w=500&h=375&q=chicken%20pasta%20salad%20&safe=strict&ved=2ahUKEwjh4NrD9eDqAhWF34UKHaJvDcoQMyhiegUIARDnAQ) | Roast gammon,  stuffing  roast and creamed potatoes, carrots, broccoli and gravy | C:\Users\greenlane_reception\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QXAIPW0E\2129481177_1ba5692514_z[1].jpg | | Chicken Goujons, herby diced potatoes and vegetables or beans | [Image result for cornflake coated chicken with chips](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwil2NWSvMTSAhVBcBoKHRX3A1wQjRwIBw&url=http://www.tastespotting.com/tag/corn%2Bflakes&bvm=bv.148747831,d.ZGg&psig=AFQjCNFj_TFxp-k2GdJtm7_jEwEIN9bn3Q&ust=1488978698998249) | | Cooks Choice  Chilli and rice/chicken Curry | [Easy chilli con carne recipe - All recipes UK](https://www.google.co.uk/imgres?imgurl=http://ukcdn.ar-cdn.com/recipes/originals/f3a60d68-d9d1-4a1c-9f4b-16c142da5c7f.jpg&imgrefurl=http://allrecipes.co.uk/recipe/9908/easy-chilli-con-carne.aspx&tbnid=z_933KpGuyioTM&vet=12ahUKEwiOsd_q9-DqAhUjgHMKHfxuDdsQMygjegUIARDKAg..i&docid=uY5Wr5KH1SapgM&w=3840&h=2160&q=chilli%20and%20rice%20&safe=strict&ved=2ahUKEwiOsd_q9-DqAhUjgHMKHfxuDdsQMygjegUIARDKAg) | | Fishfingers, Chips and beans |  |
| **2** | Sandwich (PL)  Choice of Ham, Cheese or Tuna | [Lunchbox Ideas | Recipes | Change4Life](https://www.google.co.uk/url?sa=i&url=https://www.nhs.uk/change4life/recipes/healthier-lunchboxes&psig=AOvVaw2jMtse0lztWmDd_hWhjxeB&ust=1591188930490000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjvpeaW4-kCFQAAAAAdAAAAABAE) | Sandwich (PL)  Choice of Ham, Cheese or Tuna | [Lunchbox Ideas | Recipes | Change4Life](https://www.google.co.uk/url?sa=i&url=https://www.nhs.uk/change4life/recipes/healthier-lunchboxes&psig=AOvVaw2jMtse0lztWmDd_hWhjxeB&ust=1591188930490000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjvpeaW4-kCFQAAAAAdAAAAABAE) | | Sandwich (PL)  Choice of Ham, Cheese or Tuna | [Lunchbox Ideas | Recipes | Change4Life](https://www.google.co.uk/url?sa=i&url=https://www.nhs.uk/change4life/recipes/healthier-lunchboxes&psig=AOvVaw2jMtse0lztWmDd_hWhjxeB&ust=1591188930490000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjvpeaW4-kCFQAAAAAdAAAAABAE) | | Sandwich (PL)  Choice of Ham, Cheese or Tuna | [Lunchbox Ideas | Recipes | Change4Life](https://www.google.co.uk/url?sa=i&url=https://www.nhs.uk/change4life/recipes/healthier-lunchboxes&psig=AOvVaw2jMtse0lztWmDd_hWhjxeB&ust=1591188930490000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjvpeaW4-kCFQAAAAAdAAAAABAE) | | Sandwich (PL)  Choice of Ham, Cheese or Tuna | [Lunchbox Ideas | Recipes | Change4Life](https://www.google.co.uk/url?sa=i&url=https://www.nhs.uk/change4life/recipes/healthier-lunchboxes&psig=AOvVaw2jMtse0lztWmDd_hWhjxeB&ust=1591188930490000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjvpeaW4-kCFQAAAAAdAAAAABAE) |
| **V** |  |  |  |  | |  |  | |  |  | |  |  |
| **JP** | Filled  Jacket  Potato |  | Filled  Jacket Potato |  | | Filled  Jacket Potato |  | | Filled  Jacket Potato |  | | Filled  Jacket Potato |  |
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| **DESSERTS** | | | | | | | | | | | | | |
|  | Vanilla ice cream | | Piece of Fruit | | Blueberry Muffin | | | Homemade cake | | | Homemade Biscuit | | |
| Vegetarian alternative:- Fruit yoghurt, a selection seasonal fresh fruit, soreen and cheese & biscuits available everyday | | | | | | | | | | | | | |
| **Unlimited fresh salad and unlimited wholemeal bread**  **LUNCH WILL BE SERVED WITH FRESH MILK OR WATER** | | | | | | | | | | | | | |
| **Menu Cycle Week 3: 26th Oct, 16th Nov,7th Dec,28th Dec, 18th Jan** | | | | | | | | | | | | | |