

**MANDEVILLE  
MENU  
WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
					
<b>Main</b>	Beef bolognese 	Chickpea tagine 	Roast Beef 	Teriyaki Chicken wings (S) 	Jacket potatoes 
<b>Vegetarian main</b>	Veg bolognese	Falafel 	Stuffed roast peppers 	Teriyaki Quorn (S/E)	A selection of pies (G/D)
<b>Accompaniment</b>	Spaghetti + Cheese 	Bulgar (G) 	Roast potatoes 	Yakisoba noodles (S) 	Tuna mayo/baked beans, /mince & cheese
<b>Vegetable additions</b>	Lemon courgettes & Peas 	Moroccan roast cauliflower 	Roast parsnips, carrots & beans 	Charred broccoli 	Garden peas 
<b>Salad and dressing</b>	Fresh sesame slaw (S) 	Mixed salad + garlic yoghurt dressing (D) 		Cucumber sushi + soy sauce (S) 	Lettuce, cucumber & Hummus 
<b>Bread</b>	Foccacia (G) 	Pitta Bread (G) 	Ciabatta (G) 	Sesame rolls (S/G) 	Whole wheat plaits (G) 
<b>Dessert or pudding</b>	Fresh Fruit or Yoghurt (D) 	Jam squares	Fresh Fruit or Yoghurt (D) 	Cake & custard (D/E/G) 	Fresh Fruit or Yoghurt (D) 