

### 3 COURSE MEAL ALLOWANCE - From MARCH 2020



#### 1: STARTER

One portion of homemade soup  
Fresh homemade bread (unlimited)

#### 2: MAIN MEAL – choose any ONE of the options from the columns below

MEAT OPTION	VEGE OPTION	POTATO OPTION	PASTA OPTION	SALAD PROTEIN OPTION	SALAD OPTION	SANDWICH OPTION
ONE Meat Option	ONE Vegetarian Option	ONE Jacket Potato + up to TWO fillings	ONE Pasta Dish of The Day	ONE Salad Bar protein <i>(when available)</i>	ONE plated salad	Up to TWO sandwiches/wraps/rolls or TWO large filled baguettes
<b>PLUS</b> Vegetables <i>or</i> Small Side Salad	<b>PLUS</b> Vegetables <i>or</i> Small Side Salad	<b>PLUS</b> Vegetables <i>or</i> Small Side Salad	<b>PLUS</b> Small Side Salad	<b>PLUS</b> Vegetables <i>or</i> Small Side Salad		
<b>PLUS</b> Potato or Rice or Pasta	<b>PLUS</b> Potato or Rice or Pasta	<b>PLUS</b> Potato or Rice or Pasta		<b>PLUS</b> Potato or Rice or Pasta		

#### 3: DESSERT – choose any ONE of the columns below (Not a dessert & fruit)

ONE Hot Dessert	ONE Cold Dessert	ONE piece of fresh fruit
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*Please ensure there are sufficient funds on your ParentPay account to cover these items*