

WEEK 1

ENTREE

VEGGIE

Monday

Tuesday

Beef chilli braised rice and tortilla chips

Lentil and chickpea chilli

Chicken and bacon pie with new potatoes

Roasted vegetables with noodles

Wednesday

Honey glazed roast

gammon and rustic

roast potatoes

Stuffed peppers

Thursday

Lasagne

with garlic bread

Vegetable lasagne

garlic bread

Friday

Oven baked fish and crispy chips

Macaroni cheese

TAST Y PUDS

Oat fruit cookies Carrot cake Chocolate fudge pudding

Lemon drizzle sponge

Fruit jelly yogurts





Tuesday Monday Wednesday Thursday Friday E Chicken and Chorizo Chinese pork stir Roast pork with apple Butchers' choice Oven baked fish ENTREE carbonara with fry with noodles crispy chips sausages sauce steamed rice and crispy roast with mash onion and gravy potatoes VEGGIE Lentil and sweet Sweet potato and Roasted vegetable Cheesy tomato Veggie potato curry spinach bake pilau pasta bake sausages overs TASTY Bramley apple Chocolate fudge Homemade cookies Homemade cherry Fruit jelly crumble pudding shortbread freshly baked chocolate sauce biscuits custard

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Tuesday

Monday

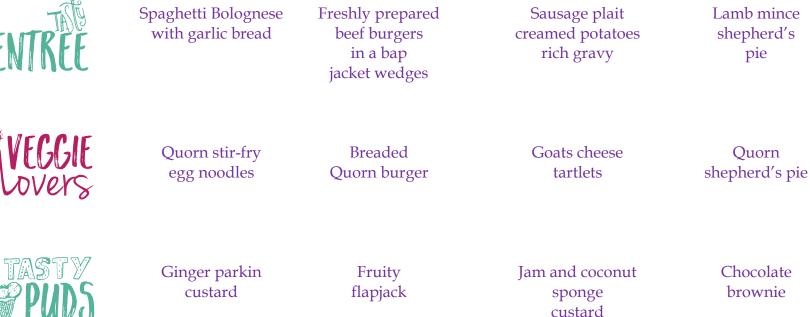
Wednesday

Thursday

Friday



WEEK 3



Jumbo cod fishfingers chips

Tomato red pepper pasta bake

Melting

moment cookies

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