

What's for lunch this week?

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chilli Con Carne	Chinese Chicken Noodle Stir Fry	Roast Gammon	Lamb Curry	Battered Cod
VEGETARIAN MAIN MEAL	Western 5 Bean Vegetable Chilli	Chinese Vegetable Noodle Stir Fry	Lentil and Rice Stuffed Peppers	Red Lentil and Chickpea Curry	Ratatouille Pasta Bake
VEGETABLE SIDES	Green Salad	Spring Rolls	Seasonal Vegetables	Saag Aloo	Garden Peas or Baked Beans
CARBS	Rice and Nachos	Fried Rice	Roast Potatoes	Rice & Naan Bread	Chips or Jacket Potatoes
PUDDING	Syrup Sponge and Custard	Warm Chocolate Brownie & Ice Cream	Oaty Apple Crumble and Custard	Chocolate Sponge and Custard	Dessert of the day