

What's for lunch this week?

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Pesto Chicken and Spinach Penne Pasta	Meatballs In a Rich Tomato Sauce	Roast Chicken Sage & Onion Stuffing	Beef Madras	Battered Cod
VEGETARIAN MAIN MEAL	Mushroom Carbonara	Falafels with Yoghurt & Mint Dressing	Cauliflower & Broccoli Bake	Vegetable Curry	Vegetable Burger
VEGETABLE SIDES	Green Salad	Mediterranean Rice	Seasonal Vegetables	Saag Aloo	Garden Peas or Baked Beans
CARBS	Garlic Bread	Khobez Bread	Roast Potatoes	Basmati Rice	Chips or Jacket Potatoes
PUDDING	Warm Chocolate Brownie and Ice Cream	Jam Tart and Custard	Cheesecake	Apple & Summer Fruit Crunch Top Crumble	Dessert of the day