

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Chicken Korma
With Rice

Meatballs in
Tomato Sauce &
Spaghetti

Roast Beef
&
Yorkshire
Pudding

BBQ Chicken
Spicy Potato
Wedges

Battered
Haddock
&
Tartar Sauce

VEGETARIAN

Mushroom
Stroganoff
&
Basmati Rice

Fish Crumble Pie
&
New Potatoes

Meat Free
Sausage Toad in
the Hole

Vegetable
Lasagne
&
Garlic Bread

Macaroni
Cheese

DESSERT

Fresh
Fruit Salad

Pineapple
Upside-down
Pudding
Custard

Rice Pudding
&
Jam

Banana—Berry
Smoothie

Fruity Flapjack
&
Custard