

WHAT'S FOR LUNCH THIS WEEK?

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef Goulash	Beef Lasagne Plus SPECIAL	Jerk Chicken	Lamb Dhansak	Battered Cod Sausages Plus SPECIAL
VEGETARIAN MEAL	Macaroni and Cheese	Vegetable Lasagne	Cauliflower Cheese	Vegetable Madras	Spanish Omelette
SOUP	Carrot and Coriander	Broccoli and Stilton	Potato and Chive	Creamy Tomato	Butternut Squash
CARBS	New Potatoes	Garlic Bread	Roast Potatoes	Brown and White Rice	Chips
VEG	Green Beans Sweetcorn	Broccoli Salad	Braised Cabbage	Green Chilli Beans	Peas Baked Beans
DESSERT	Blue Berry Muffin Cake with Custard	Bread and Butter Pudding with Custard	Lemon Drizzle Cake with Custard	Chocolate Pear Sponge with Custard	Rice Pudding With Jam

