

innovate  
my goodness!

## WHAT'S FOR LUNCH THIS WEEK?

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	Chicken Sausages with Onion Gravy	Chilli Con Carne <b>Plus SPECIAL</b>	BBQ Chicken	Chicken Tikka Massala	Battered Cod Sausages <b>Plus SPECIAL</b>
<b>VEGETARIAN MEAL</b>	Potato and Bean Quesadillas with Green tomato Salsa & Cream	Sweet and Sour Vegetable with Noodles	Creamy Spinach and Butternut Squash Bake	Vegetable Korma	Vegetable Paella
<b>SOUP</b>	Lentil, Lemon and Cumin	Cream of Mushroom	Minestrone	Sweet Potato	Vegetable
<b>CARBS</b>	Mashed Potatoes	Rice	Roast Potatoes	Brown and White Rice	Chips
<b>VEG</b>	Pea and Bean	Broccoli Jalapeño Sour Cream	Carrots and Broccoli	Green Chilli Beans	Peas Baked Beans
<b>DESSERT</b>	Jam and Coconut Sponge with Custard	Sticky Toffee Pudding with Custard	Banana Cake with Custard	Apple Crumble with Custard	Chocolate, Orange sponge With Custard

