

innovate
my goodness!

WHAT'S FOR LUNCH THIS WEEK?

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Tagine	Meatballs in Tomato sauce Plus SPECIAL	Marinated Chicken	Beef Madras	Battered Cod Sausages Plus SPECIAL
VEGETARIAN MEAL	Vegetable Hot Pot	Aubergine , Courgette and Potato Layer	Cheese and Onion Quiche	Infused Vegetable with Spicy Dhal	Mushroom and Potato Stroganoff
SOUP	Vegetable Chowder	Cauliflower and Cheese	Lentil and Coriander	Chunky Tomato	Leek and Potato
CARBS	Couscous	Mashed Potato	Roast New Potatoes	Brown and White Rice	Chips
VEG	Pea and Carrots	Broccoli	Braised Cabbage	Sweetcorn	Peas Baked Beans
DESSERT	Pineapple upside Down with Custard	Chocolate Brownie with Chocolate Sauce	Vanilla Sponge with Custard	Apricot Crumble with Custard	Fruit of the Forest sponge With Custard

