

innovate  
my goodness!

## WHAT'S FOR LUNCH THIS WEEK?

| WEEK 4          | MONDAY                              | TUESDAY                                     | WEDNESDAY                  | THURSDAY                     | FRIDAY                                |
|-----------------|-------------------------------------|---------------------------------------------|----------------------------|------------------------------|---------------------------------------|
| MAIN MEAL       | Beef Bolognese                      | Chicken Pie<br><b>Plus SPECIAL</b>          | Roast Chicken              | Chicken Korma                | Battered Cod<br><b>Plus SPECIAL</b>   |
| VEGETARIAN MEAL | Quorn cottage pie served with Gravy | Pasta twists served in a herby Tomato sauce | Roast vegetable pasta bake | Quorn and spinach Korma      | Broccoli and cauliflower cheese Bake  |
| SOUP            | Parsnips Soup                       | Cream of Mushroom                           | Minestrone                 | Broccoli and Stilton         | Vegetable                             |
| CARBS           | Pasta                               | Rice/New potatoes                           | Roast Potatoes             | Brown and White Rice         | Chips                                 |
| VEG             | Garden Peas and sweetcorn           | Garden Peas                                 | Carrots and Broccoli       | Green Chilli Beans           | Peas Baked Beans                      |
| DESSERT         | Oaty apple crumble with Custard     | Vanilla Sponge with Custard                 | Banana Cake with Custard   | Apricot Crumble with Custard | Chocolate, Orange sponge With Custard |

