



Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Home Comforts					
Main Meal	BBQ Chicken or Vegetable Korma (V)	Homemade Beef Enchilladas or Swiss Vegetable Cottage Pie (V)	Roast Lamb and Mint Sauce or Vegetable and Quorn Stir Fry (V)	Pork Chow Mein or Vegetable Pitta Pockets (V)	Fish and Chips or Red Pepper and Aubergine Moussaka (V)
Carb	Saag Aloo	Baked Wedges	Roast Potatoes and Noodles	Potato Wedges	Fries
Vegetable	Peas and Cabbage	Vegetable Medley	Broccoli and Carrots	Grilled Tomato or Sweetcorn	Beans or Peas
Super Tuber	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Fillings	Tuna, Baked Beans and Cheese				
Pasta Bar	Pasta Spirals	Pasta Spirals	Pasta Spirals	Pasta Spirals	Pasta Spirals
Sauces	Mediterranean Vegetable				
Chicken Joes	Chicken Joes	Chicken Joes	Chicken Joes	Chicken Joes	Chicken Joes
Filling	Tandoori	Tikka	Red Thai	Black Bean	Black Bean
Dessert	Mixed Fruit Crumble and Cream	Fruit Salad	Flapjack	Syrup Sponge and Custard	Cherry Pie with Custard



Mmm, this looks good, but so do trees. Good job we only use recycled paper from sustainable sources then