

What's for lunch this week?

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Sweet and Sour Chicken	Cottage Pie	BBQ Chicken Leg	Turkey Curry	Battered Cod
Vegetarian Main Meal	Sweet and Sour Vegetables	Stuffed Peppers	Vegetable Pasta bake	Sweet Potato and Spinach Curry	Spicy Bean Burger
Carbs	Long Grain Rice	Garlic and Herb Bread	Roast New Potato	Spiced Rice	Chips
Vegetable Sides	Medley of Vegetables	Coleslaw	Roasted Peppers	Tomato Salad	Mushy Peas or Baked Beans
Dessert	Chocolate Moose	Vanilla Sponge with Custard	Apple Crumble	Peach Pie	Fruit Salad