

What's for lunch this week?

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Spiced garlic and paprika chicken	Chicken burrito	Roast chicken	Green thai chicken curry	Battered cod
Vegetarian Main Meal	Parmesan polenta	Vegetarian burrito	Vegetable and feta tartlet	Vegetable green thai curry	Spaghetti primavera
Carbs	Sundried tomato pesto penne	Herb wedges	Roast potatoes	Basmati rice	chips
Vegetable Sides	Salad	Bbq beans	Roast swede garden peas	Salad	Peas or baked beans
Dessert	Vanilla rice pudding	Sticky lemon pudding	Apple crumble	Caramel sponge	Fresh fruit

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