

# What's for lunch this week?

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Mexican Chicken	Shepherds Pie	Roast Turkey	Chicken Saag	Battered Cod
Vegetarian Main Meal	Sweet Chili Noodles	Vegetable Pie	Roasted Stuffed Peppers	Vegetable Biryani	Macaroni Cheese
Carbs	Rice / Noodles	Creamed Potatoes	Roast Potatoes	Basmati Rice & Naan Bread	Chunky Chips
Vegetable Sides	Mixed Leaf Salad	Fine Green Beans	Cauliflower	Mixed Leaf Salad	Baked Beans
Dessert	Chocolate Chip Sponge	Peach crumble	Apple Pie	Chocolate Sponge	Fresh Fruit