

What's for lunch this week?

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Jerk chicken	Chicken and mushroom pie	Roast turkey	Chicken bhuna	Battered cod
Vegetarian Main Meal	Jerk vegetables	Mushroom and fennel en croute	Hoi sin vegetable stir fry	Vegetable bhuna	Spanish omelette
Carbs	Rice and peas	Lyonnaise potatoes	Roast potatoes	Basmati rice	chips
Vegetable Sides	Salad	Savoy cabbage	Roast carrots garden peas	Salad	Peas or baked beans
Dessert	Eves pudding	Sticky lemon pudding	Apple crumble	Ginger and sultana cake	Fresh fruit

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