

What's for lunch this week?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Hoi Sin Chicken Stir-Fry	Beef Lasagne	Roast Turkey Breast	Lamb Korma	Battered Cod
Vegetarian Main Meal	Quorn and vegetable Stir-Fry	Roast Vegetable Lasagne	Vegetable Tart	Vegetable Korma	Vegetable Quiche
Carbs	Egg Noodles	Garlic and Herb Bread	Roast Potato	Basmati Rice and Naan Bread	Chips or Jacket Potato
Vegetable Sides	Stir-fried Vegetables	Spring salad	Honey Glazed Carrots and Parsnip	Garden Pea and Sweetcorn	Mushy Peas or Baked Beans
Dessert	Pineapple Up side down	Lemon Sponge with Custard	Chocolate Fudge Cake	Carrot Cake	Fresh Fruit salad