

What's for lunch this week?

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Shepherd's Pie	Chicken Pasta Bake	Roast Beef	Chicken Tikka	Battered Cod
Vegetarian Main Meal	Quorn Shepherd's Pie	Root vegetable Pasta Bake	Butternut squash and Peas Risotto	Vegetable Tikka	Veg Stir-Fry with Egg Noodles
Carbs	Garlic Bread	Garlic and Herb Bread	Roast Potato	Basmati Rice and Naan Bread	Chips or Jacket Potato
Vegetable Sides	Cauliflower and Broccoli	Crunchy leaf Salad	Honey Roast vegetables	Sweetcorn and Peas	Mushy Peas or Baked Beans
Dessert	Orange cake	Apple Pie	Carrot Cake	Chocolate Sponge with Custard	Fruit salad