

# What's for lunch this week?

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken and Mushroom Pie	Mediterranean Lamb Tagine	Piri Piri Chicken	Beef Curry	Battered Cod
Vegetarian Main Meal	Seasonal Vegetable Pie	Moroccan Veg Tagine	Roast Vegetable Strudel	Gujarati Cabbage with coconut and Potato	Vegetable spring rolls & Samosa
Carbs	Crushed New Potatoes	Spiced Couscous	Roast Potato	Rice and Naan Bread	Chips
Vegetable Sides	Broccoli Florets	Carrots and Peas	Fresh Green Beans	Crunchy Salad	Mushy Peas or Baked Beans
Dessert	Apple crumble custard	Banana cake with Custard	Jam Tart	Strawberry Moose	Fresh Fruit Salad