

What's for lunch this week?

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Barbecue Chicken	Singapore Lamb	Roast Turkey	Kerala Chicken	Battered Cod
Vegetarian Main Meal	Arrabiata Pasta	Vegetable Stir Fry	Vegetable Dauphinos	Butternut Squash & Tomato Curry	Macaroni Cheese
Carbs	Spicy Wedges/ Garlic Bread	Noodles	Roast Potatoes	Basmati Rice & Naan Bread	Chunky Chips
Vegetable Sides	Corn on the Cobb	Green Salad	Cauliflower	Mixed Leaf Salad	Baked Beans
Dessert	Jam Sponge	Chocolate Chip Sponge	Apple Pie	Peach Crumble	Fresh Fruit