

## What's for lunch this week?

Week 2

|                         | Monday               | Tuesday                 | Wednesday      | Thursday                     | Friday          |
|-------------------------|----------------------|-------------------------|----------------|------------------------------|-----------------|
| Main Meal               | Lamb Goulash         | Chicken & Veg Pie       | Roast Turkey   | Chicken Madras               | Battered Cod    |
| Vegetarian<br>Main Meal | Vegetable<br>Goulash | Cauliflower<br>cheese   | Vegetable Tart | Vegetable Madras             | Macaroni Cheese |
| Carbs                   | Creamed Potatoes     | Roasted New<br>Potatoes | Roast Potatoes | Basmati Rice &<br>Naan Bread | Chunky Chips    |
| Vegetable Sides         | Cauliflower          | Button Sprouts          | Broccoli       | Mixed Leaf Salad             | Baked Beans     |
| Dessert                 | Jam Sponge           | Chocolate Sponge        | Apple Pie      | Lemon Sponge                 | Fresh Fruit     |