

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of The Day	Red Pepper, Tomato & Thyme	Butternut Squash & Sweet Potato	Minestrone	Chicken & Vegetable Broth	Red Lentil, Carrot & Cumin
Main Course 1	Chicken Fricassee With Rice	Mexican Chicken With Rice	Chicken Stroganoff With Sauté Potatoes	Baked Potato With Chicken Tikka	Chicken Jalfrezi With Rice
Main Course 2	Stir Fry Beef With Rice	Pasta Bolognese With Garlic Bread	Chicken Wrap & Potato Waffles	Sausage, Mash, Carrots & Onion Gravy	Breaded Cod, Chips & Garden Peas
Vegetarian	Mexican Vegan Mince Burrito	Vegetarian Shepherds Pie	Vegetable Burger & Chips	Vegetarian Sausages, Mash, Carrots & Onion Gravy	Chick Pea & Cauliflower Masala