



WEEK ONE

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta Bake with Garlic Bread	Chicken Curry	Pizza and Garlic Pizza Bread	Chicken Kiev with Potato Gratin	Fish and Chips
ALTERNATIVE - Jacket Potato with optional Cheese, Beans, Tuna				
DESSERT - Yoghurt, Ice Cream, or Fruit Salad				

WEEK TWO

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese	Chicken Nuggets	Sausage and Mash with Vegetables	Burger and Chips	Fish and Chips
ALTERNATIVE - Jacket Potato with optional Cheese, Beans, Tuna				
DESSERT - Yoghurt, Ice Cream, or Fruit Salad				

WEEK THREE

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese	Pizza and Pizza Garlic Bread	Roast Chicken	Chicken Fajita Wraps	Fish and Chips
ALTERNATIVE - Jacket Potato with optional Cheese, Beans, Tuna				
DESSERT - Yoghurt, Ice Cream, or Fruit Salad				