



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	Roast Chicken	Pizza and Pizza Garlic Bread	Chicken skewers with Vegetables and rice	Fish and Chips
ALTERNATIVE - Jacket Potato with optional Cheese, Beans, Tuna				
DESSERT - Yoghurt, Ice Cream, or Fruit Salad				