

What's for lunch this week?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Char Sui Pork	Char Grilled Pesto Chicken	Honey Roast Gammon	Lamb Keema	Hand Battered Cod
Vegetarian Main Meal	Sweet and sour Quron	Vegi Bolognese	Vegetable Enchilada	Gobi Aloo	Cheddar And Red Onion Quiche
Carbs	Egg Fried Rice	Spaghetti	Herb Crusted Roast Potato	Basmati Rice	Chips or Jacket Potato
Vegetable Sides	Stir fried green beans	Medley of Vegetables	Garden Peas & Sweetcorn	Carrots	Peas or Baked Beans
Dessert	Sweet of the day	Sweet of the day	Sweet of the day	Sweet of the day	Sweet of the day