

What's for lunch this week?

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Lasagne	Jerk Chicken	Roast Chicken with Sage & Onion Stuffing	Lamb Curry	Fish Fingers
Vegetarian Main Meal	Spanish Tortilla	Jamaican Vegetable Patties	Spanish Omlette	Sweet potato Saag aloo	Cous Cous Salad
Carbs	Jacket Wedges	Rice And Peas	Roast Potato	Basmati Rice	Chips or Jacket Potato
Vegetable Sides	Cauliflower	Sweetcorn	Carrots	Roasted Courgettes	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