

# WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Beef lasagne	Turkey casserole	Roast chicken breast	Meatballs in tomato sauce	Fish Pie
Vegetarian	Vegetable risotto	Vegetable lasagne	Vegetable curry	Cheese and potato layer	Cheese and tomato pasta
Starchy dishes			Roast potatoes	Spaghetti	Boiled new potatoes
Vegetables	Peas Sweetcorn	Broccoli Peas	Green beans Cauliflower	Diced mixed vegetables	Cabbage Broccoli
Desserts	Peaches Custard Shortbread	Chocolate sponge with mandarins Shortbread	Fresh fruit salad Cream crackers Cheddar cheese	Rice pudding Shortbread	Chocolate mouse Shortbread
Extras	Jacket potato Mixed salad Brown bread	Jacket potato Mixed salad Brown bread	Jacket potatoes Mixed salad Brown bread	Jacket potato Mixed salad Brown bread	Jacket potato Mixed salad Brown bread
Drinks	Water	Water	Water	Water	Water