

# WEEK 2

|                | Monday                                      | Tuesday                                     | Wednesday   | Thursday                                    | Friday                                      |
|----------------|---|---|---|---|---|
| Main Course    | Savoury mince beef                          | Moroccan chicken                            | Roast pork and gravy                                  | Turkey curry                                | Fish fingers                                |
| Vegetarian     | Vegetable couscous                          | Ratatouille pasta bake                      | Vegetarian sausages                                   | Broccoli bake                               | Vegetable curry<br>Brown rice               |
| Starchy dishes | Boiled new potatoes                         | Potato salad                                | Roast potatoes  | Brown rice                                  | Jacket wedges                               |
| Vegetables     | Diced mixed vegetables                      | Cauliflower<br>Green beans                  | Carrot<br>Cabbage                                     | Broccoli<br>Parsnips                        | Baked beans                                 |
| Desserts       | Pineapple crunch<br>Custard<br>Shortbread   | Iced sponge<br>Shortbread                   | Fresh fruit salad<br>Cream crackers<br>Cheddar cheese | Jam tart<br>Shortbread                      | Pears & chocolate sauce<br>Shortbread       |
| Extras         | Brown bread<br>Mixed salad<br>Jacket potato | Brown bread<br>Mixed salad<br>Jacket potato | Brown bread<br>Mixed salad<br>Jacket potato           | Brown bread<br>Mixed salad<br>Jacket potato | Brown bread<br>Mixed salad<br>Jacket potato |
| Drinks         | Water                                       | Water                                       | Water   | Water                                       | Water                                       |