

FOUR WEEK MENU

Week 1	Week 2	Week 3	Week 4
<p><u>MONDAY</u></p> <p>LUNCH: Oven baked macaroni cheese with broccoli</p>	<p><u>MONDAY</u></p> <p>LUNCH: Freshly baked margarita pizza with beans</p>	<p><u>MONDAY</u></p> <p>LUNCH: Pepperoni & mozzarella potato bake</p> <p>V - Tomato & mozzarella potato bake</p>	<p><u>MONDAY</u></p> <p>LUNCH: Bean and pasta bake</p>
<p><u>TUESDAY</u></p> <p>LUNCH: Portugese rice with black olives and tuna</p> <p>V - no tuna</p>	<p><u>TUESDAY</u></p> <p>LUNCH: Sweet & sour pork and rice</p> <p>V - Sweet and sour quorn and rice</p>	<p><u>TUESDAY</u></p> <p>LUNCH: Chicken tikka massala</p> <p>V - Vegetable tikka massala</p>	<p><u>TUESDAY</u></p> <p>LUNCH: Mince and tatties</p> <p>V - Quorn mince & tatties</p>
<p><u>WEDNESDAY</u></p> <p>LUNCH: Bacon and egg pie with beans</p> <p>V - Egg and cheese pie with beans</p>	<p><u>WEDNESDAY</u></p> <p>LUNCH: Cauliflower cheese & green beans</p>	<p><u>WEDNESDAY</u></p> <p>LUNCH: Toad in the hole and peas</p> <p>V - Veggie sausages toad in the hole with peas</p>	<p><u>WEDNESDAY</u></p> <p>LUNCH: Thai green chicken curry and rice</p> <p>V - Thai green vegetable curry and rice</p>
<p><u>THURSDAY</u></p> <p>LUNCH: Beef & mushroom stroganoff</p> <p>V - Mushroom stroganoff</p>	<p><u>THURSDAY</u></p> <p>LUNCH: Steak & mushroom pie and mash</p> <p>V - Vegetable pie and mash</p>	<p><u>THURSDAY</u></p> <p>LUNCH: Country vegetable & potato pie</p>	<p><u>THURSDAY</u></p> <p>LUNCH: Fish filo pie</p> <p>V - Vegetable filo pie</p>
<p><u>FRIDAY</u></p> <p>LUNCH: Tomato soup ----- Jelly and tinned fruit</p>	<p><u>FRIDAY</u></p> <p>LUNCH: Mulligatawny soup ----- Chocolate pudding</p>	<p><u>FRIDAY</u></p> <p>LUNCH: Cream of mushroom soup ----- Rice pudding and jam</p>	<p><u>FRIDAY</u></p> <p>LUNCH: Pea and ham/pea soup ----- Carrot cake</p>

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