

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	<p>Main Course Pasta & home made tomato sauce with hidden vegetables & garlic bread</p> <p>Dessert Banana loaf</p>	<p>Main Course Tasty chicken stir fry</p> <p>Dessert Cheese, apple & biscuits</p>	<p>Main Course Pork stroganoff, rice peas and sweetcorn</p> <p>Dessert Chocolate sponge & custard</p>	<p>Main Course Shepherds pie, carrot & swede puree</p> <p>Dessert Fresh fruit salad</p>
TUESDAY	<p>Main Course Chicken korma, carrots & peas & basmati rice</p> <p>Dessert Plum & pear crumble with ice cream</p>	<p>Main Course Tuna pasta bake, sweetcorn & peas</p> <p>Dessert Fresh fruit salad</p>	<p>Main Course Pasta bolognese, broccoli & garlic bread</p> <p>Dessert Fruity flapjack with chocolate</p>	<p>Main Course Sausage casserole & Yorkshire puddings</p> <p>Dessert Cornflake crunchies</p>
WEDNESDAY	<p>Main Course Mince beef & mixed vegetables in gravy with mash</p> <p>Dessert Fresh fruit</p>	<p>Main Course Ravishing rissoto, broccoli, & cauliflower</p> <p>Dessert Jam & coconut sponge</p>	<p>Main Course Fish fingers, sweet potato roasted fries and baked beans</p> <p>Dessert Swiss roll & ice cream</p>	<p>Main Course Chicken and vegetable stew bread and butter</p> <p>Dessert Milkshake & cookies</p>
THURSDAY	<p>Main Course Fish pie with sweetcorn and peas</p> <p>Dessert Chocolate crunch & custard</p>	<p>Main Course Sausage & mash, mixed vegetables & gravy</p> <p>Dessert Strawberry cheesecake</p>	<p>Main Course Chicken Supreme, rice carrots, cauliflower & peas</p> <p>Dessert Fresh Fruit</p>	<p>Main Course Lasagne broccoli and crusty bread</p> <p>Dessert Cheese, apple & biscuits</p>
FRIDAY	<p>Main Course Cowboy Casserole, crusty bread, broccoli & cauliflower florets</p> <p>Dessert Fromage frais</p>	<p>Main Course Moussaka, carrots & green beans</p> <p>Dessert Milkshake & cookies</p>	<p>Main Course Chilli con carne, pasta & courgettes</p> <p>Dessert Cheese, apple & biscuits</p>	<p>Main Course Home made fish cakes, potatoes & mixed vegetables</p> <p>Dessert Rice pudding & jam</p>