

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Lemon chicken	Sausage and pasta bake	Sweet and sour pork	Shepherds pie	Fish fingers
Alternative options	Jacket potato with cheese/baked beans Selection of rolls				
Starchy dishes	Rice		Rice		Potato wedges
Vegetables	Peas Carrots	Broccoli Cabbage		Green beans Cauliflower	Baked beans
Desserts	Banana custard	Fresh fruit salad	Ice cream Raspberry sauce	Pineapple upside-down pudding Custard	Jelly
Extras	Mixed salad Fruit yoghurt Selection of fresh fruit Bread	Mixed salad Fruit yoghurt Selection of fresh fruit Bread	Mixed salad Fruit yoghurt Selection of fresh fruit Bread	Mixed salad Fruit yoghurt Selection of fresh fruit Bread	Mixed salad Fruit yoghurt Selection of fresh fruit Bread
Drinks	Water	Water	Water	Water	Water