

## WEEK 1



						E I Res	20
	d Car						
	MONDAY	TUESDA	AY S WED!	NESDAY	THURSDAY	FRIDAY	Consider the second
стър		Chicken Shav	warma Roas	st Beef	Louisana Turkey		
Main course	Red Onion & Roser Sausage	mary		or	or	Pizza	
		Quorn Shaw		rn Roast	Louisana Quorn	<b>%</b>	
		Quorn Snaw	var ma	II Roast	Louisana Quorn	100	
		R 🖁			,		
				S. S.	>  ±		
To go with Vegetables & Salad	Baked Beans	Broceol		bbage	Sweetcorn	Baked Beans	
Vegetables & Salad	Dakeu Dealis			ed Swede			
<u>l</u>				The state of the s			
						200	
Then add	Mashed Potato	o Z Mixed Ri	ice Roast I	Potatoes	Mixed Pasta	Chips	
		To the second second					Endige 2
	1 /2:032 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				<u> </u>		
STEP 4 Similar		Blueberry Cr	numble *C			CO CO	
and to finish!	Cocoa Brownie	Diucberry or	s Carrot Ca	ake Muffins	Bakewell Tart and Custard	Chocolate Orange Cheesecake	
							S
ENTOX				, 30	@c		
YOUR MEALI							3 69
							1