

WEEK 3



					E16-2-2
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Beef in Black Bean Sauce	Lamb Keema	Roast Chicken & Stuffing	Lamb & Vegetable Pie	
Main course	or	or or	or or	or	Fish Fingers
J.	Quorn in Black Bean Sauce	Quorn Keema Pie	Quorn Roast	Quorn & Vegetable Pie	
To go with Vegetables & Salad	Sweetcorn	Mixed Veg	Green Beans Carrots	Roasted Swede	Baked Beans
Then add	Noodles	Turmeric Rice	Roast Potatoes	Mashed Potato	Chips
and to finish!	Apple Crumble and Custard	Butterscotch Tart	Chocolate Cracknell	Jam Sponge and Custard	Orange Drizzle
ENJOY YOUR MEALI					