

## WEEK 2



						Enteres :	-
	46						
	N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Could be seen to be se
			5				200 a
	Marn	nalade Chicken	<b>S</b>		Beef Enchilada		
STEP TO STEP							
Main course			Tandoori Cod	Roast Turkey & Stuffing	OF OF	Fish Cake	
6	Mar	malade Quorn			Quorn Enchilada	£	
d'h					<b>**</b>		S
		R		S C			FOR ASSE
		- Sub-			, (R		
To go with	G	Green Beans		Broccoli		and the second	STO OF
To go with Vegetables & Salad			Mixed Veg		Sweetcorn	Peas	
		3weetcorn		Carrots			
						V. B.A.	
*							
Then add	Sı	teamed Rice	Herby Diced Potatoes	Roast Potatoes	Tortilla	Chips	
	Con (in				No.		Control of the second
			2		J. R		2
4	Carlo		part of the same o		<b>&gt;</b>		
and to finish!		2	Pineapple Upside-down	Strawberry Mousse and	Marbled Sponge		
	Raspb	perry Ripple Roll	Pudding and Custard	Vanilla Biscuit	and Chocolate Sauce	Apricot Flapjack	
						£	
	A &	3			(A) (B)		
Your		W. O. C.					
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