

Week 3

MONDAY

Main Meal

Chicken & Mushroom Mornay

OR

Ham Steak & Pineapple

Dessert

Chocolate Ripple Cake

OR

Fresh Fruit

TUESDAY

Main Meal

Sausages & Gravy

OR

Calamari Rings

Dessert

Jelly Slice

OR

Fresh Fruit

WEDNESDAY

Main Meal

Beef & Red Wine Casserole

OR

Vegetable Omelette

Dessert

Pancakes & Maple Syrup

OR

Fresh Fruit

THURSDAY

Main Meal

Roast Pork

OR

Chicken Kiev

Dessert

Fruit Pudding

OR

Fresh Fruit

FRIDAY

Main Meal

Battered Fish & Tartare Sauce

OR

Mini Quiche

Dessert

Fruit Salad

OR

Fresh Fruit