

# MAKE

GOOD CHOICES.

## WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Authentic Lamb Kofta served with Flatbread & Salad	Southern Style Cajun Chicken Breast in a Bun	Roast of the Day with Traditional Accompaniments	Chicken Jalfrezi Served with Mixed Rice	Deep Fried Fish with Lemon & Tartare Sauce
Main Meal	Fresh Beef & Winter Root Vegetable Stew	Spicy Homemade Italian Pasta Bake	Creamy Turkey & Bacon Carbonara	Traditional Oven Baked Cottage Pie	
Vegetarian	Fresh Creamy Herb Crumbed Macaroni Cheese	Fresh Oven Baked Rainbow Vegetable Frittata	Cheese & Tomato French Bread Pizza Slices	Authentic Chinese Style Stir Fry Vegetables	
Vegetables	Jacket Wedges Peas Cauliflower Baked Beans Mixed Garden Salad	Spicy Diced Potatoes Roasted Vegetables Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Carrots Savoy Cabbage Baked Beans Mixed Garden Salad	Boiled Potatoes Broccoli Sweetcorn Baked Beans Mixed Garden Salad	Chips Mushy Peas  Baked Beans Mixed Garden Salad
Available Daily	Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, Hot and Cold Drinks				