

Sample Weekly Menu

	Lunch	Dinner	Dessert
Monday	cold meats, cheese and salad	chicken curry and rice	ice cream and stewed fruits
Tuesday	tortillas and salad	spaghetti bolognese garlic bread	chocolate cake
Wednesday	baked potatoes baked beans & salad	cooking club - roast pork and vegetables	fruit salad
Thursday	french bread pizzas	paella with chicken and prawns	apple cake
Friday	quiche and salad	cottage pie, carrots and broccoli	pineapple upside down pudding
Saturday	picnic – filled baguettes, fruit, chocolate biscuit, crisps, water	roast chicken chips and salad	banana cake
Sunday	pizzas	penne with tomato sauce	doughnuts