

WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main course 1	Macaroni cheese	Chicken curry Long grain rice	Minced steak with vegetable	Golden whales	Roast beef in gravy
Starchy dish	Mashed potato	Boiled potatoes	Mashed potato	Mashed potato	Boiled potatoes
Vegetables	Peas Green salad	Broccoli florets Green salad	Carrots Green salad	Baked beans Green salad	Turnip Green salad
Soups/ Puddings	Sponge cake Selection of fresh fruit Selection of yoghurts	Cream of Lentil soup	Peach goodie Selection of yoghurts Selection of fresh fruit	Selection of yoghurts Selection of fresh fruit Chocolate orange delight	Selection of yoghurts Selection of fresh fruit Peaches
Sauce	Custard		Custard		Semolina