

WEEK FIVE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main course 1	Steak and vegetable casserole	Golden whales	Roast pork	Spaghetti bolognaise Spaghetti	Chicken pie
Starchy dish	Mashed potato	Boiled potatoes	Boiled potatoes	Boiled potatoes	Mashed potato
Vegetables	Broccoli florets Green salad	Peas Mixed salad	Turnip Mixed salad	Carrots Mixed salad	Beetroot Mixed salad
Soups/ Puddings	Apple muffins Selection of fresh fruit Fruit yoghurt	Crispy date squares Selection of fresh fruit Fruit yoghurt	Selection of fresh fruit Fruit yoghurt Choc-orange cake	Yellow split pea soup	Selection of fresh fruit Fruit yoghurt Rice pudding
Sauce	Custard	Custard	Custard		Fruit salad