



Autumn / Winter Menu

Week One

- Monday - Chicken kai Si Ming with noodles and broccoli.
- Tuesday - Beef Stew with potatoes, mixed vegetables, and cauliflowers.
- Wednesday - Tofu fried rice with mixed vegetables.
- Thursday - Lamb Shepherd's pie with potato mash and carrot.
- Friday - Green pasta - broccoli, spinach with coconut cream.

Week Two

- Monday - Tuna rice bake with broccoli and corn.
- Tuesday - Meatloaf, potatoes, and cauliflower.
- Wednesday - Lentil Soup with pita bread.
- Thursday - Chicken Casserole with vegetables and rice.
- Friday - Sandwiches.

Week Three

- Monday - Savoury mince with cauliflower and potatoes.
- Tuesday – Chickpea curry with coconut cream and rice.
- Wednesday – Beef Bolognese with pasta.
- Thursday - Cheesy tuna bake with broccoli.
- Friday – Chicken and diced potato with mixed vegetables.

Week Four

- Monday - Pea Risotto with vegetables.
- Tuesday - Meatballs with tomato sauce and pasta.
- Wednesday - Sandwiches.
- Thursday – Tofu noodles stir fry
- Friday – Chicken Teriyaki with rice.