

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Meat Main Course</b>	Chicken & Chorizo Jambalaya	Chicken Basque	Stir-fried Pork with Honey, Soy and Ginger	Meatballs in Tomato Sauce
<b>Vegetarian Main Course</b>	Roasted Fennel & Pepper Jambalaya	Roasted Fennel & Artichoke Provencal	Stir-fried Vegetables with Black Bean sauce	Mascarpone & Tomato Pasta Bake
<b>Carbohydrate</b>		New Potatoes	Egg Noodles	Spaghetti
<b>Side</b>	Poppadoms		Prawn Crackers	Grated Parmesan