

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main Course	Chicken and Tarragon with Parpadelle	Crispy Chilli Beef	Chicken Tika Masala	Chicken, Choroza Pasta Bake	Beef & Lamb Burgers
Vegetarian Main Course	Spinach and Ricotta Raviolli	Sweet & Sour Tempora Vegetables	Spinach & Potato Curry	Spinach & Mushroom Pasta Bake	Veggie Burger
Side 1	Garlic Bread	Egg Fried Rice	Pilau Rice	Garlic Bread	Fries
Side 2	Roquette and Parmasan salad	Prawn Crackers	Papadums	Mixed Salad	Salad