

Menu

Week 1

M – Salmon & pea risotto
T – Macaroni cheese, with cauliflower
W – Chicken meatballs with cous cous
Th – Pork Casserole
F – Spaghetti Bolognese

Week 2

M – Tuna, pasta bake in a tomato sauce
T - Jacket potatoes with cheese, bake beans, cucumber & carrot sticks
W – Lasagne
Th – Sizzling sausages with cous cous
F – Cottage pie

Week 3

M – Tuna fish cakes
T – Chilli con carne
W - Chicken curry
Th – Pasta with sausages
F – Turkey pie (made with potato)