

innovate
my goodness!

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MILD BEEF CHILLI CON CARNE	CRISPY CRUST BBQ CHICKEN PIZZA SLICE	BEEF STEW	CHICKEN MEATBALLS IN MEDITERRANEAN SAUCE	FISH FINGERS
VEGETARIAN MAIN MEAL	TOMATO & BASIL PASTA	CRISPY CRUST MARGHERITA PIZZA SLICE	VEGGIE SAUSAGES	CRISPY TOPPED CAULIFLOWER, BROCCOLI & FETA BAKE	CHEESE & ONION PUFF PASTRY SLICE
JACKET POTATO	CHEESE	BAKED BEANS	TUNA	CHEESE	BAKED BEANS
SALAD	MIXED SALAD	MIXED SALAD	MIXED SALAD	MIXED SALAD	MIXED SALAD
CARBS	RICE	BREAD	ROAST POTATOES	RICE	CHIPS
VEGETABLES	BROCCOLI	SWEETCORN	CARROT	CABBAGE	GARDEN PEAS
DESSERT	FRUIT/YOGURT	CHOCOLATE CAKE & CUSTARD	FRUIT/YOGURT	BANANA CAKE & CUSTARD	ICE CREAM

