

WEEK 1

1.

2.

3.

MONDAY

SOUTHERN
FRIED CHICKEN

ROAST
VEGETABLE BAKE

SYRUP
SPONGE

TUESDAY

CHICKEN AND
MUSHROOM PIE

CHEESE AND
TOMATO PIE

APPLE
CRUMBLE

WEDNESDAY

ROAST PORK

QUORN
SAUSAGE

CHOCOLATE
CAKE

THURSDAY

COTTAGE PIE

VEGETABLE
COTTAGE PIE

VICTORIA
SPONGE CAKE

FRIDAY

BATTERED FISH

ROAST PEPPER
FRITTER

TIFFIN