

# WEEK 3

MONDAY

1.

SAUSAGE,  
MASH AND  
ONION GRAVY

2.

VEGETABLE,  
MASH AND  
ONION GRAVY

3.

BLACKBERRY  
AND APPLE  
CRUMBLE

TUESDAY

BEEF  
LASAGNE WITH  
GARLIC BREAD

VEGETABLE  
LASAGNE WITH  
GARLIC BREAD

JAM  
SPONGE

WEDNESDAY

ROAST BEEF

VEGETABLE  
SAUSAGE

RICE  
PUDDING

THURSDAY

CHICKEN  
FAJITAS

MAC 'N'  
CHEESE

PINEAPPLE  
UPSIDE DOWN  
CAKE

FRIDAY

SAUSAGES

FISH FINGERS

BROWNIE