

Winter 3 week menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Tuna Pasta Bake	Quorn pie with vegetables	Quiche with salad	Casserole	Soup with bread/roll
Week 2	Spaghetti Bolognese With salad	Shepherd's pie	Curry and rice	Corned beef hash	Fish fingers chips and vegetables
Week 3	Vegetable pasta bake	Chicken and leek pie with vegetables	Chilli and rice	Sausage, mash and vegetables	Fisherman's pie