

# WEEKLY MENU

<b>MON</b> 16 FEB	Thai chicken stir fry over spaghetti and stir fry veg	Eggplant parmesan served with mash, carrots and baby marrows	(v) Veg stir fry with meat free chicken over spaghetti pasta
<b>TUE</b> 17 FEB	Tuscan Chicken, served with mash and broccoli	Braised pork in sweet soy, served with rice, broccoli and butternut	(v) Sweet n sour falafels served with rice
<b>WED</b> 18 FEB	Cottage pie served with garden peas	Chicken supreme, served with mash and steamed green veggies	(v) Lentil mushroom shepards pie with side veggies
<b>THUR</b> 19 FEB	Broc bacon mac & cheese	Chicken cacciatore served with rice and butternut	(v) Pesto pasta with side parmesan cheese
<b>FRI</b> 20 FEB	Hungarian goulash, served with rice, peas and carrots	Grilled or Fried hake with chips and salad or veg	(v) Baby marrow limone with lemon roast potatoes, butternut and broccoli
<b>SAT</b> 21 FEB	Asian beef stir fry, served with rice and sauteed stir fry veg	Thai chicken curry, served with basmati rice and veg medley	(v) Butter bean potjie with rice
<b>SUN</b> 22 FEB	Roast Beef OR Roast Pork with rice, roast potatoes, Yorkshire pudding, gravy and veg	Dessert Malva Pudding	(v) Italian style roasted cabbage

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<b>MON</b> 23 FEB	Monterrey chicken bake, served with rice, carrots and baby marrows	Baked penne bake, topped with cheese	(v) Lentil bolognaise over spaghetti pasta
<b>TUE</b> 24 FEB	Traditional meatloaf, served with mash, gravy, broccoli and carrots	Chicken BBQ breast, served with garlic potatoes, butternut and baby marrows	(v) Lentil meatloaf with mash, broccoli and carrots
<b>WED</b> 25 FEB	Savoury bake potato served with peas and butternut	Korean BBQ pork: With egg fried rice and broccoli	(v) Savoury bake potato filled with meat free mince
<b>THUR</b> 26 FEB	Chicken stroganof served with basmati rice, green beans and butternutt	Pork schnitzel, served with sautéed potatoes and braised cabbage with carrots	(v) Savoury bake potato filled with meat free mince
<b>FRI</b> 27 FEB	Pork chop served with braised cabbage and potato salad	Grilled or Fried hake with chips and salad or veg	(v) Veg sausages with gravy, mash, butternut and baby marrows
<b>SAT</b> 28 FEB	Mongolian beef, served with basmati rice	Chicken pasta bake, topped with cheese	(v) Thai lentil veg curry with basmati rice