



# WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>	Chicken Meatballs with homemade Tomato Sauce	Savoury Minced Beef topped with Potatoes and Cheddar Cheese	Fish Cake	Roast Turkey Fillet, Savoury Stuffing & Gravy	Breaded Fillet of Chicken
<b>Carbohydrate</b>	Pasta with home baked Garlic Bread		Creamed Potatoes	Roast Potatoes	Chipped Potatoes
<b>Vegetables</b>		Country Vegetables	Baked Beans	Fresh Carrots and Broccoli	Mixed Salad and homemade Coleslaw
<b>Sweet</b>	Dairy Ice Cream Pot	Chocolate Rice Krispie Bar	Steamed Apple Sponge with Custard	Fruit Jelly	Grenola Cereal Bar