



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Vegetable Soup (v) or Mince and Mealie	Fish Pie or Cheese sandwiches (v)	Chicken Noodle Soup or Meat Free Sausage Roll (v)	Lentil Soup (v) or Mediterranean Vegetable Lasagne (v) or Chicken Mayo Wrap	Butcher's Hot Dog or Meat Free Hot Dog (v)
CARBOHYDRATE	Mashed Potato		Mashed Potatoes		Warm Potato Salad
VEGETABLES	Carrots	Peas	Baked Beans	Green Beans	Cucumber Sticks or Coleslaw
DESSERT	Fresh Fruit Selection				