

WEEKLY PLANNER

WEEK 2

	MONDAY DINE IN DAY	TUESDAY GRAB & GO DAY	WEDNESDAY GRAB & GO DAY	THURSDAY DINE IN DAY	FRIDAY GRAB & GO DAY
OPTION 1	SPANISH OMELETTE WITH CHIPS	PASTA CARBONARA	CHICKEN CURRY WITH BROWN RICE	STEAK PIE WITH ROAST POTATOES	BBQ CHICKEN FILLET BITES IN A TORTILLA WRAP WITH POTATO WEDGES
OPTION 2	TURKEY MEATBALLS IN GRAVY WITH CHIPS	SANDWICH SELECTION	SANDWICH SELECTION	BREADED FISH WITH ROAST POTATOES	ROLL SELECTION
OPTION 3	BAKED POTATO WITH A CHOICE OF FILLINGS AVAILABLE EVERY DAY				
VEGETABLES	MIXED SALAD	DELI POTS	DELI POTS	MIXED SALAD	DELI POTS
	SWEETCORN	GREEN BEANS	ROASTED RED ONIONS	BABY CARROTS	DICED MIXED VEGETABLES
	ROASTED VEGETABLE	BROCCOLI FLORETS	BABY CORN	SWEDE	PEAS
SOUP OR DESSERT	TOMATO SOUP	LENTIL & CARROT SOUP	LENTIL & CARROT SOUP	TOMATO SOUP	LENTIL & CARROT SOUP
	APPLE FOOL	ICE CREAM	FRUIT JELLY	FRESH FRUIT WITH NATURAL YOGHURT	FLAPJACKS

MEAL SELECTIONS