

Sample Four Weeks of the “Meal of the Day” Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Satay Stir fry with garlic, ginger served with boiled rice	Spaghetti Bolognese with parmesan and salad	Root and shoots hotpot with fresh bread	Quesadilla , fresh salsa & Spring salads	Goulash with mustard mashed potatoes
Week 2	Spring stew and dumplings	Broccoli and cheese quiche with new potatoes and salad	Mushroom and pepper risotto and herby salad	Creamy Mushroom pasta bake with salad	Thin crispy pizza with seasonal salads
Week 3	Mild Mexican Chilli with rice and banana salsa	Vegetable lasagna with garlic bread and a crunchy salad	Taziki salads and Veggie Table bread	Toad in the hole with mash and onion gravy	Italian calazone served with tomato and basil salad
Week 4	Root and shoots hotpot with fresh bread	Cheese & potato Pie served with cowboy beans	Goulash with mustard mashed potatoes	Savoury tart-de-tan with tabouleh and green salad	Vegetable pasta bake in a rich tomato sauce with salad