

DINNER MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Tomato & basil	Chicken noodle	Carrot & coriander	Farmhouse vegetable			
MAIN MEAL	Roasted duck legs with a hoi sin & plum sauce	Pork meatballs in a spicy tomato sauce	Paella chicken, chorizo & mussels	Sticky chicken	Takeaway night Homemade pizzas	Takeaway night Chicken Kiev	Sirloin steak with peppercorn sauce
VEGETARIAN	Hoi sin vegetable tortillas	Quorn meatballs in a spicy tomato sauce	Macaroni cheese	Stir fried Quorn in a sticky sauce	Homemade pizzas	Vegetable Kiev	Sweet potato & mozzarella burger
VEGETABLES	Stir fried vegetables. Coconut steamed rice	Tagliatelle Roasted Mediterranean vegetables	Steamed broccoli Buttered sweetcorn Roasted new potatoes	Twister fries Egg fried rice Fine beans Corn on the cob	Mixed salad Baked beans Herb roasted potatoes	Sliced potatoes in creamy sauce	Homemade chips Grilled tomato Sautéed mushrooms Garden peas Beer battered onion rings
DESSERTS	Banana fritters with toffee sauce & ice cream	Lemon drizzle cake	Tiramisu	Homemade doughnuts	Cherry flapjack	Millionaires shortbread	Chocolate torte & summer fruit compote