

DINNER MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP							
MAIN MEAL	Poached salmon steaks with shrimp sauce	Cottage pie	Linguine carbonara & garlic bread	Piri piri chicken	Takeaway night Scampi	Beef chilli con carne Nachos Salas, sour cream	
VEGETARIAN	Leek and blue cheese pasta bake	Quorn cottage pie	Pesto linguine & garlic bread	Piri piri quorn fillets	Vegetable nuggets	Quorn chilli	
VEGETABLES	Steamed rice Stir fried vegetables Sautéed courgettes	Garden peas Buttered carrots	Steamed broccoli Mixed salad Parmesan cheese	Sweet potato fries, corn on the cob, spiced Mexican rice	French fries, peas & mixed salad	Mixed salad, seasoned potato wedges	
DESSERTS	Belgium waffles with chocolate sauce & ice cream	Key lime pie	New York cheesecake	Rocky road	Rice Krispie cake	Chocolate fudge cake	