

MONDAY

**Beef Bourgignon
with a Crusty Roll**

or

**Tomato & Chilli
Jacket Potato**

TUESDAY

**Chicken & Roasted
Red Pepper
Rigatoni**

or

**Butternut Squash
Spaghetti with
Crispy Sage**

WEDNESDAY

**BBQ Pulled Pork
Jacket Potato**

or

Superfood Salad

THURSDAY

**Lamb Tagine with
Couscous**

or

**Sundried Tomato
Quiche & Garden
Salad**

FRIDAY

**Goan Fish Curry
with Rice**

or

**Cauli and Broccoli
Cheese and
Ciabatta**