

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Tex-mex beef and beans with rice and cheese	Butter chicken served with rice and vege	Mac and cheese pasta with ham in cheese sauce	Beef pasta bolognese in classic tomato sauce	Thai jungle curry chicken and veg with rice
Week Two	Beef and vege rissoles with potato and gravy	Mac and cheese pasta with ham in cheese sauce	Beef cottage pie and veg with mashed potato	Chicken pasta bake with creamy veg sauce	Beef meatballs and tomato sauce on golden rice
Week Three	Butter chicken served with rice and vege	Tex-mex beef and beans with rice and cheese	Mac and cheese pasta with ham in cheese sauce	Beef meatballs and tomato sauce on golden rice	Chilled chicken teriyaki rice bowl with veg



Beef Rissoles



Pasta Bolognese



Cottage Pie



Mac and Cheese



Beef Meatballs



Butter Chicken



Chicken Pasta



Mexican Mince



Teriyaki Chicken



Thai Chicken Curry