

# WEEKEND MENU

	Lunch		Dinner	
	Saturday	Sunday	Saturday	Sunday
<b>Week 1</b>	Sweet Chilli Chicken Tenders and Salads	Sandwiches	Thai Chicken Curry and Rice	Sausages, Mash and Steamed Vegetables
<b>Week 2</b>	Beef Riblets and Salads	Sandwiches	Macaroni & Cheese with Garlic Bread and Steamed Vegetables	Beef Curry and Rice and Salads
<b>Week 3</b>	Assorted Pies and Salads	Assorted Wraps	Braised Lamb Shanks with Mash and Vegetables	Spinach and Ricotta Tortellini with Garlic Bread
<b>Week 4</b>	Chicken, Cheese and Salad Rolls	Sandwiches	Beef and Mushroom Casserole with Potatoes and Vegetables	Roast Chicken with Potatoes, Pumpkin and Steamed Vegetables
<b>Week 5</b>	Sweet Chilli Chicken Rolls	Sandwiches	Nachos with Salads and Wedges	Creamy Garlic Chicken with Lemon Rice

**All meals are accompanied by a choice of salads, vegetables and fresh whole fruits.**