

## Sample 4 Week Menu

	Week 1	Week 2	Week 3	Week 4
Monday	Lentil soup & crusty bread	Chilli con carne with boiled rice	Spaghetti Bolognese with garlic bread	Beef mince, potatoes & vegetables
Tuesday	Shepherd's pie & vegetables	Potato & leek soup & crusty bread	Fish Pie	Vegetable Lasagne
Wednesday	Sweet & sour chicken with boiled rice	Bacon & cheese pasta	Chicken soup & crusty bread	Sausage casserole & potatoes
Thursday	Tuna pasta	Chicken, potatoes & vegetables	Vegetable curry & boiled rice	Chickpea soup & crusty bread
Friday	Sausages, beans and potatoes	Fish fingers, potatoes & spaghetti	Chicken nuggets, potatoes & beans	Salmon & broccoli pasta bake