Beef curry

Fluffy white rice

Pak choi

Fruit and yoghurt

WEEK 3

Beef lasagne

Garlic bread

Green beans

Fruit and yoghurt

Gammon steak

Minted new potatoes

Baby corn

Dessert of the day

Salad bar

Selection of bread

Pan fried chicken breast

Sticky rice

Chargrilled peppers and courgette

Dessert of the day

Italian cod with olives, capers, potato and courgette

Fruit and yogurt