

# WEEK 1

CHAPEL - APRIL-OCTOBER 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Week 1: 24 Apr, 15 May, 5 Jun, 26 Jun, 17 Jul, 18 Sep, 9 Oct				
THE MAIN EVENT	Creamy Chicken Tikka Masala with Rice, Cucumber Raita, Spiced Cauliflower and Sweetcorn	Lasagne with Garlic Bread, Roasted Mediterranean Vegetables and Green Beans	Roast Chicken with Stuffing, Gravy, Roast Potatoes, Honey Roast Parsnips and Carrots	Build your Own Pork or Veggie Hotdog with Oven Baked Potato Wedges, Crunchy Slaw and Sweetcorn	Battered Fish Fillet with Oven Baked Potato Wedges, Baked Beans and Garden Peas
	Mexican Cheese and Bean Quesadilla with Rice, Spiced Cauliflower and Sweetcorn	Vegetable and Bean Pasty with New Potatoes, Roasted Mediterranean Vegetables and Green Beans	Vegetarian Cottage Pie with Gravy, Honey Roast Parsnips and Carrots		Cheese and Tomato Quiche with Oven Baked Potato Wedges, Baked Beans and Garden Peas
TO FINISH	Apple Flapjack Crumble with Custard	Peach Cheesecake	Carrot and Courgette Cake with Vanilla Sauce	Fairtrade Banana Cake with Custard	Chocolate Brownie



FED BY ENTHUSIASM