

WEEK 2

CHAPEL - APRIL-OCTOBER 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Week 2: 1 May, 22 May, 12 Jun, 3 Jul, 4 Sep, 25 Sep, 16 Oct				
THE MAIN EVENT	Chilli Beef Enchilada with Sweet Potato Mash, Crunchy Slaw and Cauliflower	Sticky Texas Style BBQ Chicken with Rice, Green Beans and Sweetcorn	Roast Gammon and Gravy with Roast Potatoes, Carrots and Broccoli	Build your Own Beef or Quorn Burger with Oven Baked Potato Wedges, Redslaw and Honey Roast Carrots	Battered Fish Fillet or Salmon Fishfingers with Oven Baked Potato Wedges, Baked Beans and Garden Peas
	Cheese and Onion Pasty with Creamy Mash, Cauliflower and Sweetcorn	Cheese and Mushroom Calzone with a Jacket Potato, Green Beans and Sweetcorn	Vegetable and Chickpea Wellington with Gravy and Roast Potatoes, Carrots and Broccoli		Veggie Sausages with Oven Baked Potato Wedges, Baked Beans and Garden Peas
TO FINISH	Apple and Raisin Slice with Custard	Chocolate Mousse	Toffee Apple and Banana Crumble with Custard	Vanilla Muffin	Bakewell Tart with Vanilla Sauce



FED BY ENTHUSIASM