



## Summer / Spring

### Week One

- Monday – Pumpkin pasta.
- Tuesday – Honey soy chicken with rice.
- Wednesday – Bolognese with pasta.
- Thursday – Chicken with vegetables and mashed potatoes.
- Friday – Sandwiches.

### Week Two.

- Monday – Pea/Pumpkin risotto with vegetables.
- Tuesday – Charquican (potato, pumpkin, beef, corn, onion carrot, pea).
- Wednesday – Tomatican with rice. (Tomato, beef, corn, onion, carrot).
- Thursday - Chicken Casserole with vegetables and rice/quinoa.
- Friday – Tofu Pad Thai.

### Week Three.

- Monday – Beef with mixed vegetables and brown rice
- Tuesday – Sandwiches.
- Wednesday – Bolognese with pasta.
- Thursday - Tofu Pad Thai.
- Friday – Chicken and diced potato with mixed vegetables.

### Week Four.

- Monday – Chickpea curry with rice.
- Tuesday – Tofu fried rice with mixed vegetables.
- Wednesday – Chicken with vegetables and pasta.
- Thursday – Lentil soup with Croutons.
- Friday – Pizza.