

**MONDAY**

**Vegetable Hotpot with Couscous**

Drink of water or milk

**TUESDAY**

**Roast Chicken with Braised Vegetables**

Drink of water or milk

**WEDNESDAY**

**Thai Fish Curry with Rice Noodles**

Drink of water or milk

**THURSDAY**

**Lamb Rissoles with Pasta Bake**

Drink of water or milk

**FRIDAY**

**Savoury Beef with Roasted Potato and Vegetables**

Drink of water or milk