

Astrea Atlas

Week 1



	MAINS	VEGETARIAN	SIDES	SANDWICHES	DESSERT
MONDAY	CHICKEN COOKED IN A BASIL AND TOMATO SAUCE	CHANA MASALA (CHICKPEA CURRY)	CHEDDAR CHEESE MASH STEAMED FRESH VEGETABLES BASMATI RICE		STICKY SPONGE AND CUSTARD
TUESDAY	MATURE CHEDDAR CHEESE PASTA BAKE	CURRIED LENTIL PASTY	SEASONAL VEGETABLES	CHOICE OF - TUNA CHEESE EGG	CHEESE AND BISCUITS
WEDNESDAY	ROAST CHICKEN WITH ROAST POTATOES AND YORKSHIRE PUDDING	BLACK EYED BEAN AND VEGETABLE CASSEROLE	ROAST POTATOES STEAMED VEGETABLES		LEMON SPONGE CAKE
THURSDAY	SLOW COOKED BEEF COTTAGE PIE	VEGETABLE AND CHEDDAR BAKE	SEASONAL VEGETABLES	CHOICE OF - TUNA CHEESE EGG	FRESH FRUIT SALAD TOPPED WITH YOGHURT
FRIDAY	MSC CERT FISH FINGERS AND CHIPS	CRISPY SWEETCORN FRITTERS	BAKED BEANS CRISPY CHIPS		ICE CREAM POT