


# Astrea Atlas

## Week 2



	MAINS	VEGETARIAN	SIDES	SANDWICHES	DESSERT
MONDAY	<b>STIR FRIED CHICKEN NOODLES</b>   	<b>CREAMY TOMATO AND BASIL PASTA BAKE</b>  	<b>STEAMED SEASONAL VEGETABLES</b>		<b>HOMEMADE FLAPJACK</b> 
TUESDAY	<b>BEEF BOLOGNESE WITH PENNE PASTA</b> 	<b>GARLIC AND GINGER VEGETABLE NOODLES (NO EGG)</b> 	<b>STEAMED SEASONAL VEGETABLES</b>	<b>CHOICE OF - TUNA CHEESE EGG</b>    	<b>PARSNIP AND APPLE CAKE</b>   
WEDNESDAY	<b>ROASTED SAUSAGE WITH MASHED POTATOES</b>  	<b>SWEET POTATO AND SPINACH CURRY</b>	<b>MASHED POTATOES SEASONAL VEGETABLES BASMATI RICE</b> 		<b>FRESH FRUIT SALAD TOPPED WITH YOGHURT</b> 
THURSDAY	<b>CHICKEN AND LEEK PIE</b> 	<b>ROASTED VEGETABLE PIE</b>  	<b>MIXED SEASONAL VEGETABLES</b>	<b>CHOICE OF - TUNA CHEESE EGG</b>    	<b>COCONUT AND VANILA SPONGE</b>   
FRIDAY	<b>MSC CERT FISH FINGERS AND CHIPS</b>  	<b>SPANISH TORTILLA</b>  	<b>CRISPY CHIPS BAKED BEANS</b>		<b>ICE CREAM POT</b> 