

MENU ROSTER

WEEK 1

Monday	Honey mustard with rice
Tuesday	Sandwiches
Wednesday	Spaghetti Bolognese
Thursday	Chicken wing with rice
Friday	Pizza's

WEEK 2

Monday	Chicken and bacon fried rice
Tuesday	BBQ
Wednesday	Carbonara pasta
Thursday	Chicken tenders with cabbage salad
Friday	Burrito's

WEEK 3

Monday	Chow mein mince with rice noodles
Tuesday	Moroccan chicken with couscous
Wednesday	Hokkien noodles with green veggie's
Thursday	Chicken wing with pasta salad
Friday	Sausage rolls

WEEK 4

Monday	Tuna mornay
Tuesday	Vegetable curry with couscous
Wednesday	Baked potatoes
Thursday	Chicken tenders with rice salad
Friday	Burgers