

WEEK 1MENU ROSTER

Monday	Honey mustard w rice
Tuesday	sandwiches
Wednesday	spaghetti bolognese
Thursday	chicken wings w rice
Friday	pizza's

WEEK 2

Monday	chicken + bacon fried rice
Tuesday	BBO
Wednesday	carbonara pasta
Thursday	chicken tenders w cabbage salad
Friday	Burrito's

WEEK 3

Monday	chow mein mince w rice noodles
Tuesday	moroccan chicken w cous cous
Wednesday	Hokkien noodles w green veggies
Thursday	chicken wings w pasta salad
Friday	sausage rolls

WEEK 4

Monday	Tuna morney
Tuesday	Vegetable curry w cous cous
Wednesday	Baked potatoes
Thursday	chicken tenders w rice salad
Friday	Burgers