

# Refresh

## WEEK THREE

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Gammon & Pineapple Or Fish Crumble Bake	Beef Curry Or Chicken Pie	Roast Lamb	Chicken Tikka Or Cheese & Ham Pasta Bake	Breaded Cod Or Quiche Lorraine
<i>Pasta Andalucian Style</i>	<i>Vegetable Curry &amp; Rice</i>	<i>Macaroni Cheese</i>	<i>Mexican Style Beans</i>	<i>Broccoli Flan</i>
Jacket Wedges	Boiled Potatoes	Roast Potatoes	Long Grain Rice	Chips
<i>Seasonal Vegetables Or Mixed Salad</i>	<i>Seasonal Vegetables Or Mixed Salad</i>	<i>Seasonal Vegetables Or Mixed Salad</i>	<i>Seasonal Vegetables Or Mixed Salad</i>	<i>Seasonal Vegetables Or Mixed Salad</i>
Jacket Potato or Pasta with Choice of Sauce	Jacket Potato or Pasta with Choice of Sauce	Jacket Potato or Pasta with Choice of Sauce	Jacket Potato or Pasta with Choice of Sauce	Jacket Potato or Pasta with Choice of Sauce
<i>Chocolate Sponge</i>		<i>Hawaiian Crumble &amp;</i>	<i>Steamed Fruit</i>	

<i>With Mandarins</i>	<i>Cherry Shortbread</i>	<i>Custard</i>	<i>Pudding &amp; Custard</i>	<i>Chocolate Brownies</i>
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