



Typical weeks menu

Sunday: Traditional roast with all the trimmings
Baked apple and ice cream or custard

Monday: Shepherd's pie
Peas and carrots
Fresh fruit salad

Tuesday: Chicken and apple balls
Sweet potato chips
Green beans
Rocky road crunch

Wednesday: Pasta Bows with tomato and vegetable sauce
Red fruit crumble

Thursday: Eat Out

Friday: Lamb and green bean casserole
Mashed potato
Chocolate mousse

Saturday: Linguini with bolognese sauce
Tarte tatin with ice cream