

Monday

Week One Tex-Mex Beef & Beans with Rice & Cheese

Week Two Beef & Vege Rissoles with Potato & Gravy

Week Three Butter Chicken served with Rice & Vege

Tuesday

Butter Chicken served with Rice & Vege

Mac & Cheese Pasta with Ham in Cheese Sauce

Tex-Mex Beef & Beans with Rice & Cheese

Wednesday

Mac & Cheese Pasta with Ham in Cheese Sauce

Beef Cottage Pie & Veg with mashed potato

Mac & Cheese Pasta with Ham in Cheese Sauce

Thursday

Beef Pasta Bolognese in Classic Tomato Sauce

Chicken Pasta Bake with Creamy Veg Sauce

Beef Meatballs & Tomato Sauce on Golden Rice

Friday

Thai Jungle Curry Chicken & Veg with Rice

Beef Meatballs & Tomato Sauce on Golden Rice

Chilled Chicken Teriyaki Rice Bowl with Veg



Beef Rissoles



Pasta Bolognese



Cottage Pie



Mac & Cheese



Beef Meatballs



Butter Chicken



Chicken Pasta



Mexican Mince



Teriyaki Chicken



Coconut Curry