

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Mexican Beef w' Steamed Saffron Rice	Chicken and Leek Pie w' Mashed Potatoes & Seasonal Vegetables	Battered Pork Pieces w' Sweet and Sour Sauce & Steamed Jasmine Rice	Herb Crusted Beef w' Red Wine Jus, Roast Vegetable Medley & Greens	Fish Fillet w' Tomato, Olive and Caper Sauce
WEEK 2	Moroccan Lamb w' Rice Pilaf	Butter Chicken w' Steamed Jasmine Rice	Teriyaki Pork w' Steamed Rice & Stir-fry Vegetables	Traditional Roast Pork w' Apple Sauce, Pan Juice Gravy & Roast Vegetables	Caribbean Curry Fish Pie w' Mash
WEEK 3	Classic Glazed Meat Loaf w' Creamy Mashed Potato	Chicken in Marsala Sauce w' Garlic Chats	Pork and Sausage Pasta w' Lemon and Cream	Lamb Kofta w' Dill and Mint Cream Sauce & Sumac Potatoes	Tuna Mornay w' Steamed Vegetables
WEEK 4	Moussaka w' Steamed Vegetable Medley	Chicken and Cashew Nuts Stir-fry w' Steamed Jasmine Rice	Braised Pork w' Sweet Soy Sauce, Jasmine Rice & Seasonal Vegetables	Roast Chicken w' White Wine Sauce, Roast Vegetable Medley & Greens	Baked Fish Fillet w' Lemon and Dill Sauce & Roasted Herbed Chat Potatoes