



Holy Family RC and CE College



Spring 2010

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Chilli Con Carne with Rice	Chicken Korma with Rice	Sheppard's Pie	Chicken Joes	Breaded Fish
Main Meal Option	Jamaican Jerk Chicken	Honey Roast Gammon Dinner	Chicken and Vegetable Stir Fry with Rice	Tuna and Cheese Pasty	Boston Beef Burger in a Bun with BBQ sauce
Vegetarian Option	Three Bean Chilli with Rice	Chickpea Curry	Veggie Shepherd's Pie	Veggi Chicken type Quorn Wraps	Spicy Bean Burger
Dessert	Chocolate Fudge Cake with Chocolate Sauce	Banoffi Crumble	Marble Sponge and Custard	Manchester Tart	Bread and Butter Pudding