



Holy Family RC and CE College

Spring 2010



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Lasagne	Beef Madras	Cowboy Pie	Chicken Joes	Battered Fish
Main Meal Option	Nando's Peri Peri Chicken	Roast Pork Dinner	Vegetable Spring Rolls	Tuna and Cheese Pasty	Cheese Burger in a Bun
Vegetarian Option	Veggie Mince Lasagne	Sweet Potato and Lentil Curry	Broccoli Cheese Bake	Veggi Chicken Type Quorn Wraps	Spicy Bean Burger
Dessert	Toffee Fudge Cake and Custard	Rhubarb Crumble and Custard	Baked Jam Rolly Poly with Custard	Cornflake Tart	Lemon Sponge and Custard