

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Roast seasoned chicken pieces, potato bake vegies and garlic bread	Mexican	Marinated beef cheeks mashed potato and broccoli	Sweet 'n' sour pork, rice and stir-fried noodles	Chicken burgers with the lot	Quiche Lorraine and salad	Meatballs in bolognaise sauce, pasta and beans
2	Fish, chips and salad	Tuna bake and vegies	Roast pork vegies cauliflower cheese	Chicken parnies, mashed potato and salad	Hamburgers with the lot	Toasted sandwiches and wraps	Butter chicken, rice, salad and pappadums
3	Lamb chops, mashed potato and vegies	Tuna bake and vegies	Roast	Chicken sausages, pasta and salad	Pizza and garlic bread	Stuffed potatoes	Fish, chips and salad
4	Tuna bake and vegies	Marinated chicken wings, rice and salad	Roast	Pasta dish and vegies	BBQ and salads	Cold BBQ chicken and salad	Braised sausages, mashed potato and vegies
5	Apricot chicken and fried rice	Crumbed sausages, mash and vegies	Marinated beef cheeks mashed potato and broccoli	Nachos Mexican night	Chicken burgers with the lot	Toasted sandwiches or wraps	Lasagne, salad and garlic bread
6	Roast seasoned chicken pieces, potato bake vegies and garlic bread	Crumbed sausages, mash and vegies	Marinated beef cheeks mashed potato and broccoli	Sweet n sour pork rice and stir-fried noodles	Chicken burgers with the lot	Quiche Lorraine and salad	Meatballs in bolognaise sauce, pasta and beans
7	Fish, chips and salad	Crumbed sausages, mash and vegies	Roast pork vegies cauliflower cheese	Chicken parnies, mashed potato and salad	Hamburgers with the lot	Toasted sandwiches and wraps	Butter chicken, rice, salad and pappadums
8	Lamb chops, mashed potato and vegies	Seasoned chicken legs, potato bake and salad	Roast	Chicken sausages, pasta and salads	Pizza and garlic bread	Stuffed potatoes	Fish, chips and salad
9	Tuna bake and vegies	Marinated chicken wings, rice and salad	Roast	Pasta dish and vegies	BBQ and salads	Cold BBQ chicken and salad	Braised sausages mashed potato and vegies
10	Tuna bake and vegies	Marinated chicken wings, rice and salad	Roast	Nachos - Mexican night	Chicken burgers with the lot	Toasted sandwiches and wraps	Lasagne, salad and garlic bread