

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Main Course	Chicken Tikka Masala	Beef Lasagna	Sweet and Sour Chicken	Chicken Noodles	Chicken Shawarma Wrap/ Carrot Cake
	Carb	Butter Rice				
	Side / Veg	Steamed Vegetable	Sauteed Carrots & Peas	Vegetable Fried Rice	Corn on the Cob	
Combo 2	Main Course	Spaghetti Bolognese	Roasted Chicken	Beef Casserole	Butter Chicken	
	Carb		Mashed Potato	Roast Potates	Butter Rice	
	Side / Veg	Garlic Bread	Sauteed Carrots & Peas		Corn on the Cob	
Combo 3 / VEGETABLE	Main Course	Kadai Paneer	Penne Pasta with Mushroom Sauce	Vegetable Noodles	Spinach and Mushroom Lasagna	Vegetable Quesadilla/ Carrot Cake
	Carb	Butter Rice		Roast Potates	Garlic Bread	
	Side / Veg	Steamed Vegetable	Garlic Bread		Corn on the Cob	

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Main Course	Beef Kofta with Onions	Spaghetti Bolognese	Beef with Mushroom sauce	Chicken Fajita with Tomato Salsa	Chicken Slider/ Carrot Cake
	Carb	Butter Rice		Steamed Rice	Tortilla bread	
	Side / Veg	Mixed Vegetables with Peas, Carrots and Corn	Garlic Bread	Baked Sweet Potato	Roast Potato Wedges	
Combo 2	Main Course	Chicken Casserole	BBQ Chicken	Chicken Kadai	Beef Kofta with Potato	Beef Slider/ Carrot Cake
	Carb	Butter Rice	Potato Wedges	Steamed Rice	Steamed Rice	
	Side / Veg	Mixed Vegetables with Peas, Carrots and Corn	Sweet Corn	Baked Sweet Potato	Grilled Vegetables	
Combo 3 / VEGETABLE	Main Course	Lentil Potato Curry	Baked Mousakaa	Penne Puttanesca	Malia Kofta curry	Vegetable Slider/ Carrot Cake
	Carb	Butter Rice	Potato Wedges		Steamed Rice	
	Side / Veg	Mixed Vegetables with Peas, Carrots and Corn	Sweet Corn	Garlic Bread	Grilled Vegetables	

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Main Course	Chicken Supreme with Tomato Sauce	Beef Lasagna	Chicken Noodle	Chicken Kabsa	Chicken Shawarma Wrap/ Cupcake
	Carb	Butter Rice	Potato Wedges	Spring Roll		
	Side / Veg	Roast Carrot	Garlic Bread		Plain Yogurt	
Combo 2	Main Course	Spaghetti Bolognese	Chicken Nuggets	Stir Fry Beef	Beef with Gravy	
	Carb		Steamed Rice	Butter Rice	Steamed Rice	
	Side / Veg	Garlic Bread	Potato Wedges	Spring Roll	Sauteed Mixed Vegetables	
Combo 3 / VEGETABLE	Main Course	Vegetable Casserole	Paneer Makani	Vegetable Tadka	Spaghetti with Tomato Sauce	Vegetable Quesadilla/ Cupcake
	Carb	Butter Rice	Steamed Rice	Butter Rice		
	Side / Veg	Roast Carrot	Potato Wedges	Spring Roll	Garlic Bread	

WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 1	Main Course	Chicken Biryani	Beef Fajita	Meat Kofta Kabab	Penne Pasta with Chicken and White Sauce	Chicken Slider/ Cake
	Carb	Papadum	Potatoes Gratin	Butter Rice		
	Side / Veg	Raita	Grilled Vegetables	Steamed Vegetables	Plain Yogurt	
Combo 2	Main Course	Irish Beef Stew	Grilled Chicken / Gravy	Stir- fry Chicken Noodles	Chicken Tikka Masala	Beef Slider/ Cake
	Carb	Steamed Rice	Potatoes Gratin		Steamed Rice	
	Side / Veg	Roast Root Vegetables	Grilled Vegetables	Butter Rice	Sauteed Vegetables Beans	
Combo 3 / VEGETABLE	Main Course	Paneer Masala	Spaghetti Puttanesca	Cheese Pie	Margarita Pizza	Vegetable Slider
	Carb	Steamed Rice		Butter Rice	Potato Wedges	
	Side / Veg	Roast Root Vegetables	Garlic Bread	Steamed Vegetables	Corn on the Cob	