

Tastebuds Food

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch main course	Italian Macaroni Cheesy Pasta Bake	Salmon and Broccoli pie served with Peas and Sweetcorn	Traditional Beef Scouse with Wholemeal Bread	Chicken and Potato Curry with fluffy rice	Minced Lamb Hot Pot and Steamed Green Cabbage
Lunch recipe content	<i>Macaroni, Bechemel Sauce, Mushrooms, Peppers, Cheese, Tomatoes, Butter, Breadcrumbs, Herbs</i>	<i>Salmon, Broccoli, Leeks, Potatoes, Bechemel Sauce, Parsley, Puff Pastry, Peas, Sweetcorn</i>	<i>Beef, Onions, Carrots, Pepper, Vegetable Stock, Potatoes, Herbs, Paprika, Parsley</i>	<i>Chicken, Onions, Curry powder, Cumin, Paprika, Tumeric, Vegetable stock, Coriander, Rice</i>	<i>Minced lamb, Carrots, Swede, Onions, Leeks, Potatoes, Vegetable Stock, Herbs, Cabbage</i>
Lunch vegetarian option	As above	Vegetarian Broccoli Pie	Vegetarian Scouse with Wholemeal Bread	Vegetarian Potato Curry with fluffy rice	Vegetarian Hot Pot and Steamed Green Cabbage