# flava

# Week 1

**Monday**
**Meal:** chicken lasagne, peas & corn and fresh fruit

**Tuesday**
**Meal:** cottage pie, carrot & pine salad and popcorn

**Wednesday**
**Meal:** fish fingers, mashed potato, roasted butternut and tennis biscuits

**Thursday**
**Meal:** spaghetti bolognese, roast vegetables and sandwiches

**Friday**
**Meal:** hot dog, chips and fresh fruit

# Week 2

**Monday**
**Meal:** buffalo wings, rice, gravy, peas & corn and fresh fruit

**Tuesday**
**Meal:** penne napolitana, stir fry vegetables and popcorn

**Wednesday**
**Meal:** beef stew, rice, roasted butternut and biscuits

**Thursday**
**Meal:** beef chipolata, mashed potato, cucumber slices and sandwiches

**Friday**
**Meal:** hamburger, chips, fresh fruit and treat

# Aftercare Menu

# flava

# Week 3

## Monday

**Meal:** chicken stew, rice, peas & corn and fresh fruit

## Tuesday

**Meal:** mac & cheese, carrot sticks and popcorn

## Wednesday

**Meal:** fish fingers, roasted potato wedges, roasted butternut and marie biscuits

## Thursday

**Meal:** spaghetti meatballs, gravy and sandwiches

## Friday

**Meal:** crumbed chicken strips, chips, fresh fruit and a treat

# Aftercare Menu