

	Weds 18 Jan	Thurs 19 Jan (5:2)	Fri 20 Jan	Sat 21 Jan	Sun 22 Jan	Mon 23 Jan (5:2)	Tues 24 Jan	Weds 25 Jan
Lunch	School dinner	Packed lunch	School dinner	Cheese on toast	Ropa Vieja Bienmesabe	School dinner	Packed lunch	School dinner
Dinner	Pork chops and bulgar wheat salad	Beef and miso soup	Roast chicken, rice and green beans	Broccoli, leek and black olive tart and salad	Cheese and biscuits	Homemade burgers and salad	Sausage meatballs and pasta	Potato and spinach frittata and garlic bread
Notes	Buy steak, chicken, stewing steak and pork chops		Defrost pastry		Defrost mince			