

MONDAY

Hearty Beef Stew

Traditional Beef
Stew with Chunky
Vegetable &
Steamed Potato

Falafel Wrap, Crisp
Vegetables & Tahini

Carrot & Ginger
Soup

TUESDAY

Hoisin Chicken Stir
Fry

Sautéed Vegetable
Medley &
Egg Rolls

Cardamom Fried
Rice

Curried Chick Pea
Stew

WEDNESDAY

Cheesy Baked
Lasagna

Peppery Caesar
Salad

Garlic Bread Loaf

Feta & Spinach
Phyllo

Beef Barley
Soup

THURSDAY

Old County Crispy
Breaded Fish

Malt Vinegar Oven
Fries and Tartar
Sauce

Tangy Coleslaw

Lupini Beans with
Wilted Greens &
Olives

FRIDAY

Sauced Up
BBQ Spare Ribs

Braised Apple & Red
Cabbage

Steamed Mopping
Rice

Cheese Tortellini
In Garlic Butter

Butternut Squash
Soup