

THE WEEK OF MON 1ST - 5TH AUG

VEGGIE QUINUA FRIED RICE

L CHICKEN FINGERS

M CROCK POT EYE ROUND STEAK

M PRUNE-STUFFED PORK LOIN

J MAC & CHEESE

V OVEN GRILLED CHICKEN BREAST

THE WEEK OF MON 15TH - 19TH AUG

MUSHROOM BROCCOLI STIR FRY

L TERIYAKI CHICKEN

M HOMEMADE BEEF PATTIES

M STUFFED TURKEY BREAST (HAM & CHEESE)

J PENNE PESTO

V OVEN GRILLED CHICKEN BREAST

THE WEEK OF MON 8TH - 12TH AUG

VEGGIE CHOW MEIN

L CHICKEN MILANESE

M SLOW-COOKED ROAST BEEF

M ROAST TURKEY

J SPAGHETTI w BEEF RAGÚ

V OVEN GRILLED CHICKEN BREAST

THE WEEK OF MON 22ND - 26TH AUG

VEGGIE CHAO FAN (EGG BROCCOLI CARROT AND RICE)

L CHICKEN CORDON BLEU

M CROCK POT STEAK

M OVEN BAKED PORK CHOPS

J FETTUCCHINE ALFREDO

V OVEN GRILLED CHICKEN BREAST