

MENU

MAIN MEAL

WEEK EIGHT

MONDAY

**SPICY BEEF TACOS
PATATAS BRAVAS
RATATOUILLE VEGETABLE STIR-FRY**

TUESDAY

**CHICKEN STROGANOFF
RICE WITH PARSLEY
STIR FRY VEGETABLES**

WEDNESDAY

**CAJUN-STYLE PORK CHOPS
NEW POTATOES WITH BACON
HONEY-GLAZED PARSNIPS**

THURSDAY

**SPICY MINCED BEEF
RICE NOODLES
BROCOLLI**

FRIDAY

**AROMATIC PRAWN CURRY
SAFFRON RICE
CREAMY GRATIN**
