

## **MENU**

## **MAIN MEAL**

### **WEEK NINE**

#### **MONDAY**

**BEEF WITH THYME AND JUNIPER  
OVEN POTATO WEDGES  
CAULIFLOWER**

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#### **TUESDAY**

**CHICKEN WITH LEEK SAUCE  
POTATO GRATIN  
BROCOLI CHEESE WITH BACON**

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#### **WEDNESDAY**

**PORK STUFFED WITH APPLES  
ROAST POTATOES  
GARLIC MUSHROOMS**

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#### **THURSDAY**

**FISH CURRY  
BOILED RICE  
GREEN BEANS**

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#### **FRIDAY**

**HEARTY BEEF CASSEROLE  
SAUTEËD POTATOES  
STUFFED PEPPERS**

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