

# MAKE

## WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal 1	Beef Chilli and Rice	Pork Sausage Baguette	Chicken and Tomato Pasta	Traditional Cornish Pasty	Fish fingers and Chips
Vegetarian	Hash Brown and Bean Wrap	Vegetable shepherd's Pie and Gravy	Vegetarian Pizza	Jacket Potato and Choice of Filling	Chips