

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK FOR WEEKS COMMENCING: 5/11/18; 26/11/18; 17/12/18; 07/01/19; 28/01/19; 18/02/19; 04/03/19; 25/03/19					
MAIN MEAL					
OR					
FOR PUDDING	j				