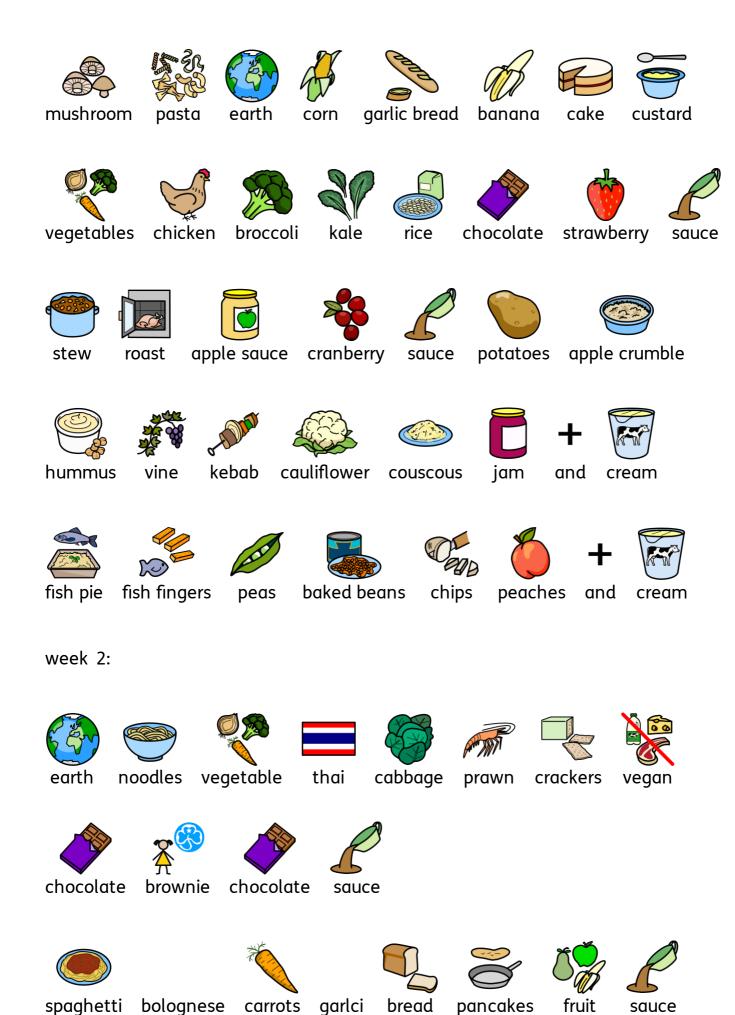
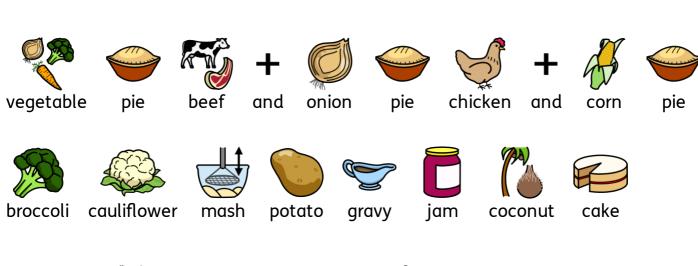
## week 1:











## week 3:



stew roast chicken carrots broccoli roast potatoes flapjack



burritos enchiladas









herb



















mexican

rice

chocolate orange

cake

chocolate



















vegetable

quiche

fish

tomato

coconut

sauce

fish

burger

garden















peas

baked

chips

yoghurt

fresh