DAY	RED	GREEN
Monday	Quorn Dippers and Ketchup	Cheesy Pasta Bake
Tuesday	Chicken Curry	Mixed Bean Bake
Wednesday	Roast Gammon and Gravy	Vegetable Crumble with Gravy
Thursday	Sweet potato Cottage Pie and Gravy	Americano Pasta
Friday	Fish Fingers	Minced Beef Pie or Cheese Quiche