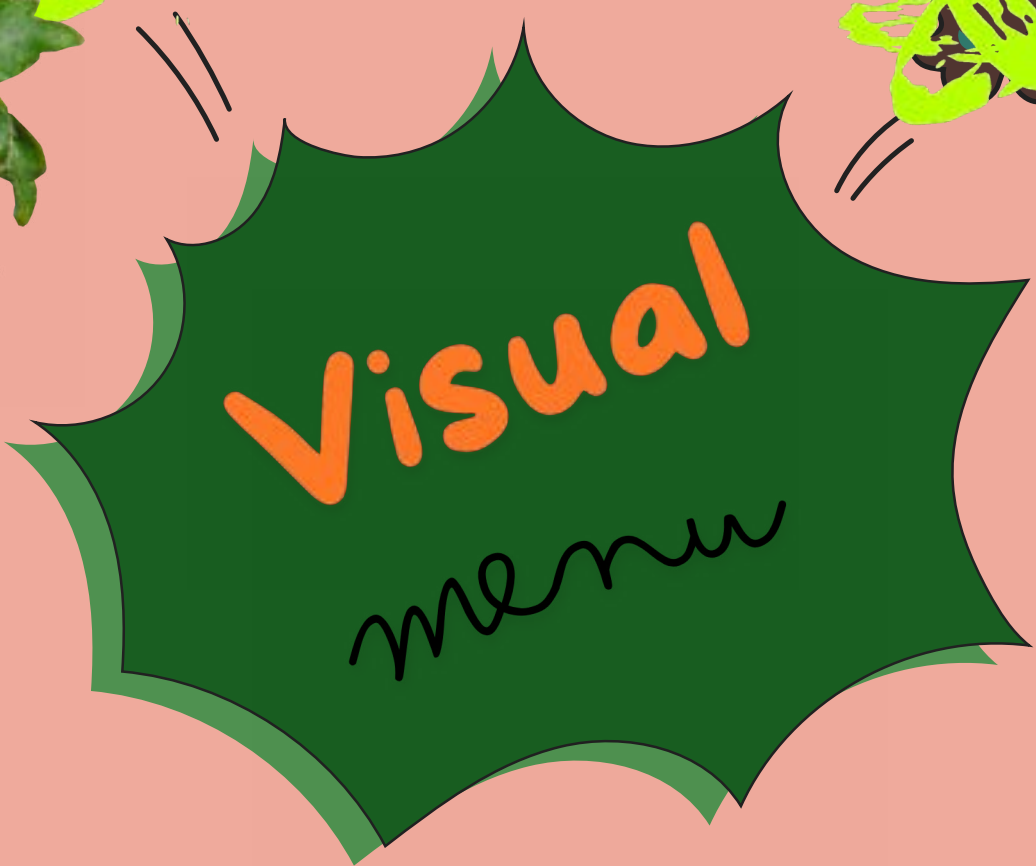




**NEW WAVE**

**FEDERATION**







# Monday

## Week 3



Sweet Potato, Coconut & Chickpea Curry served with Fragrant Rice



Red Pepper, Vegetable & Chickpea Balti served with Fragrant Brown Rice



Green Beans



Freshly Cut Fruit





# Tuesday

## Week 3



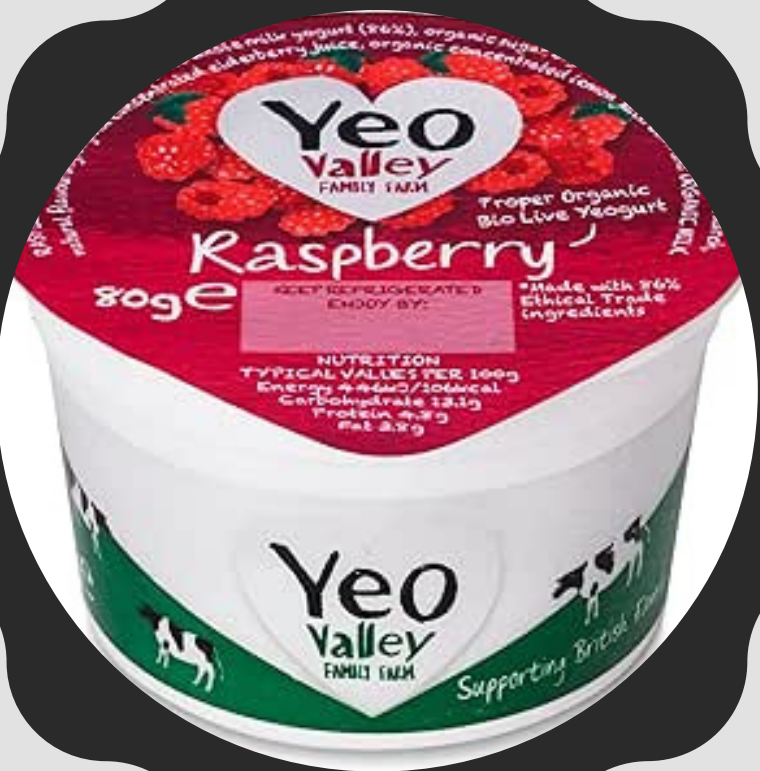
Chicken and Vegetable Stir Fry served with Egg Noodles



Singapore Stir Fry with Edamame Beans



Chocolate & Pear Sponge



Organic Fruit Yoghurt



# Wednesday

## Week 3



Vegan Meatballs served with  
sweet Tomato Pasta



Beef Lasagne served with  
Home Made



Freshly Cut Fruit



Broccoli & Carrot  
Medley



# Thursday

## Week 3



Seasoned Chicken and Jollof Rice



Ghanaian Bean Stew and Jollof Rice



Peas & Sweetcorn



Iced Carrot Cake



# Friday

## Week 3



MSC Battered Cod Fillet



Vegan Chicken Popcorn



Peas



Rock Cakes