

<b>Rainbow Kitchen, February 2018 Menu</b>				
<b>DATE</b>	<b>DAY</b>	<b>MEAL OF THE DAY</b>		<b>BOOKED IN</b>
1	Thu	Pork chops in mustard cream sauce		
2	Fri	Roast beef - mashed potato - gravy		
5	Mon	Oven baked chicken	<i>Salad</i>	
6	Tue	Salisbury steak - Gravy and mas. Potato	<i>or Soup</i>	
7	Wed	Pork Cutlets	<i>will be</i>	
8	Thu	Beef Rouladen	<i>served with</i>	
9	Fri	Honey garlic chicken	<i>each meal</i>	
11	Sun	Pancake Breakfast		
12	Mon	Meat Loaf		
13	Tue	Salmon fillet with lemon-dill sauce - Rice		
14	Wed	Roast beef - mashed potato - gravy		BCGREA
15	Thu	Ham Scallop potatoes		
16	Fri	Oven baked chicken		
19	Mon	Chilli		
20	Tue	Pepper Steak with mashed potatoes		
21	Wed	Pork Roast		Power Pioneers
22	Thu	Baked Lemon Chicken		
23	Fri	Salisbury steak - Gravy and mas. Potato		
26	Mon	Roasted pork loin		
27	Tue	Beef Stew		
28	Wed	Oven baked chicken		