

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist <u>CHICKEN</u> with crispy stuffing</p> <p><u>LASAGNE</u> Lean mince beef lasagne topped with béchamel sauce and cheddar cheese</p> <p><u>VEG</u> lasagne topped with béchamel sauce and cheddar cheese.</p>	<p><u>GAMMON</u> with juicy pineapple chunks.</p> <p>Chicken <u>CURRY</u> fluffy rice.</p> <p><u>VEG</u> curry Peppers onions carrots peas in a curry sauce, with fluffy rice.</p>	<p>Slow cooked <u>PORK</u></p> <p><u>SAVOURY MINCE</u> Mince beef with carrots, onions, peas in a rich gravy.</p> <p><u>SAVOURY MINCE</u> veggie mince with onions carrots and peas in a rich gravy.</p>	<p>Silverside of <u>BEEF</u> & home-made <u>Yorkshire puddings</u>.</p> <p>Sweet sour <u>CHICKEN</u> With fluffy rice.</p> <p><u>SWEET N SOUR VEG</u> Peppers onions carrots Peas with fluffy rice.</p>	<p><u>SAUSAGE</u> Chips beans</p> <p><u>SALMON FISH</u> <u>CAKES</u> with a sweet chilli dip.</p> <p>CHEESY PIZZA</p> <p><u>CHIPS</u></p>
BREAK	Bagel	Bacon	Pizza	Bagel	Bacon
HOT BUTTY	BBQ pulled chicken in a par baked baguette.	Bacon in a soft floury bap.	Cheese and ham bagel.	Marinated diced chicken in a ciabatta roll.	<u>Chip</u> in a floured bun. Or <u>Sausage</u> in a sub roll.
PASTA MEAT	Bolognaise	Chicken curry	Chilli con carne	Sweet sour chicken	Spicy <u>sausage</u>
PASTA VEG	Tomato & basil	Veg curry	Spicy arrabiata	Veg bolognaise	Tomato & basil
PUDDING	Steamed syrup sponge Fruit salad	Chocolate brownie Fruit salad	Vanilla sponge Fruit salad	Jam roly poly Fruit salad	Crackle Fruit salad
	<u>Starchy cooked in fat</u>	<u>High in fat</u>	<u>Meat product</u>		

Menu may change if deliveries are not met