

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist CHICKEN with chipolata sausage.</p> <p>CURRY Diced beef with coriander fluffy rice.</p> <p>QUORN Curry with coriander fluffy rice.</p>	<p>GAMMON with juicy pineapple chunks.</p> <p>CHICKEN PIE Diced chicken and veg in a béchamel sauce with a scone base topping.</p> <p>VEG PIE Seasonal veg pie with a scone base topping.</p>	<p>Slow cooked PORK</p> <p>CHICKEN BOATS Diced chicken, peppers onions in a tomato sauce sat in a tortilla boat topped with cheddar cheese.</p> <p>VEG BOAT Peppers, onions, mushrooms sat in a tortilla boat topped with cheddar cheese.</p>	<p>Silverside of BEEF & home-made Yorkshire puddings.</p> <p>QUICHE LORRAINE Scone base filled with bacon, milk and free range eggs.</p> <p>FLAN Scone base filled with cheese milk and free range eggs.</p>	<p>Oven baked FISH Chips and mushy peas</p> <p>CHEESY PIZZA</p> <p>CHIPS</p>
BREAK	Bagel	Bacon	Pizza	Bagel	Bacon
HOT BUTTY	Sausage In a soft sub roll.	Cheese and ham in a bar marked panini.	Marinated diced chicken in a ciabatta bun.	Beef burgers in a brioche bun.	Chip in a floured bun. Or Fish & chip take away.
PASTA MEAT	Chicken curry	Chicken Italian	Spicy chicken	Sweet sour chicken	BBQ chicken
PASTA VEG	Veg curry	Spicy arrabiata	Tomato & basil	Veg bolognese	BBQ veg
PUDDING	Steamed sponge Fruit salad	Chocolate crunch Fruit salad	Bakewell Tart Fruit salad	Iced sponge Fruit salad	Chocolate brownie Fruit salad
	Starchy cooked in fat	High in fat	Meat product		

Menu may change if deliveries are not met