

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist <u>CHICKEN</u> And chipolata</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> & homemade <u>Yorkshire puddings.</u></p> <p><u>CHICKEN BOATS</u> Diced chicken, peppers, onions in a tomato sauce sat in a tortilla boat topped with cheddar cheese.</p> <p><u>VEG BOAT</u> Peppers, onions, mushrooms sat in a tortilla boat topped with cheddar cheese.</p>	<p><u>SAUSAGE</u> Chips beans</p> <p><u>SALMON</u> FISH CAKES with a sweet chilli dip.</p> <p>CHEESY PIZZA</p> <p>CHIPS</p>
BREAK	Bagel	Bacon	Pizza	Bagel	Bacon
HOT BUTTY	BBQ pulled pork in a par-baked baguette.	Bacon in a soft floury bap.	Cheese and ham bagel.	Marinated diced chicken in a ciabatta roll.	Chip in a floured bun. Or Sausage in a sub roll.
PASTA MEAT	Bolognaise	Chicken curry	Chicken arrabiata	Sweet sour chicken	Spicy sausage
PASTA VEG	Tomato & basil	Veg curry	Spicy arrabiata	Veg bolognaise	Tomato & basil
PUDDING	Flap jack Fruit salad	Chocolate brownie Fruit salad	Baked sponge Fruit salad	Roly poly Fruit salad	Crackle Fruit salad
	Starchy cooked in fat	High in fat	Meat product		

Menu may change if deliveries are not me