

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist <u>CHICKEN</u>.</p> <p>Beef <u>BURGERS</u> in a brioche bun, served with crispy salad.</p> <p>Quorn <u>BURGER</u> in a brioche bun, served with crispy salad.</p>	<p>Slow cooked <u>PORK</u></p> <p>Chicken <u>WRAPS</u> Diced chicken peppers, onion, tomato, with a hint of spice wrapped in a soft tortilla.</p> <p>Veg <u>WRAPS</u> Peppers, onion mushrooms, tomato with a hint of spice. Wrapped in a soft tortilla</p>	<p>Silverside of <u>BEEF</u> & home-made <u>Yorkshire puddings</u>.</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><u>GAMMON</u> with juicy pineapple chunks.</p> <p><u>PORK PIE</u> Diced pork in a rich herb gravy, with a scone base topping.</p> <p><u>QUORN</u> pie In a rich gravy with diced veg, with a scone base topping.</p>	<p><u>SAUSAGE</u> Chips beans</p> <p><u>SALMON FISH</u> <u>CAKES</u> with a sweet chilli dip.</p> <p><u>CHEESY PIZZA</u></p> <p><u>CHIPS</u></p>
BREAK	Bagel	Bacon	Pizza	Bagel	Bacon
HOT BUTTY	Bacon in a soft sub roll	Marinated diced chicken in a ciabatta roll.	BBQ pulled pork in a brioche bun.	Cheese and ham bagel	<u>Chips</u> in a floured bun. Or <u>Sausage</u> in a sub roll.
PASTA MEAT	Chicken tom & basil	Chicken arrabiata	Chicken curry	Spicy chicken	<u>Sausage</u> & beans
PASTA VEG	Tomato & basil	Arrabiata	Veg curry	Spicy tomato	Tomato & basil
PUDDING	Steamed sponge Fruit salad	Flap jack Fruit salad	Chocolate crunch Fruit salad	Baked sponge 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 me