

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist <u>CHICKEN</u> with stuffing</p> <p><u>PORK</u> meatballs In a rich gravy</p> <p><u>VEGGIE</u> sausage in a rich gravy</p>	<p><u>GAMMON</u> with juicy pineapple chunks.</p> <p><u>CHICKEN PIE</u> Diced chicken and veg in a béchamel sauce with a scone base topping.</p> <p><u>VEG PIE</u> Seasonal veg pie with a scone base topping.</p>	<p>Slow cooked <u>PORK</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>Silverside of <u>BEEF</u> &amp; homemade <u>Yorkshire puddings</u>.</p> <p><u>QUICHE LORRAINE</u> Scone base filled with bacon, milk and free-range eggs.</p> <p><u>FLAN</u> Scone base filled with cheese milk and free-range eggs.</p>	<p>Oven baked <u>FISH</u> Chips and mushy peas</p> <p>CHEESY PIZZA</p> <p><u>CHIPS</u></p>
<b>BREAK</b>	Bagel	Bacon	Pizza	Bagel	Bacon
<b>HOT BUTTY</b>	Chicken <b>meatball</b> sub in a mini baguette	Cheese and ham in a bar marked panini.	Marinated diced chicken in a ciabatta bun.	Beef <b>burgers</b> in a brioche bun.	<b>Chips</b> in a floured bun Or <b>Fish</b> & chip take away
<b>PASTA MEAT</b>	Italian meatball	Chicken Italian	Chicken curry	Spicy chicken	BBQ chicken
<b>PASTA VEG</b>	Tomato & basil	Spicy arrabiata	Veg curry	Veg boll	BBQ veg
<b>PUDDING</b>	Baked sponge Fruit salad	Chocolate crunch Fruit salad	<b>Tart</b> Fruit salad	Baked sponge Fruit salad	Chocolate brownie Fruit salad
	<b>Starchy cooked in fat</b>	<b>High in fat</b>	<b>Meat product</b>		

Menu may change if deliveries are not me