

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> & 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>
BREAK	Bagel	Bacon	Pizza	Bagel	Bacon
HOT BUTTY	Chicken meatball sub In a mini baguette	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 Marinara	Chicken Pizza	Chicken Balti	Italiano Chicken	
PASTA VEG	Veg Marinara	Pizza Sauce	Balti Sauce	Pomodoro	Basilico
PUDDING	Baked sponge Fruit salad	Chocolate crunch Fruit salad	Tart Fruit salad	Baked sponge Fruit salad	Chocolate brownie Fruit salad
	Starchy cooked in fat	High in fat	Meat product		

Menu may change if deliveries are not me