

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist <u>CHICKEN</u> And chipolata</p> <p><u>TACO'S</u> Lean mince beef, with a hint of spice in a crispy taco shell topped with sour cream</p> <p><u>VEGGIE</u> mince taco with a hint of spice in a crispy taco shell topped with sour cream.</p>	<p>Silverside of <u>BEEF</u> & homemade Yorkshire puddings.</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>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>Slow cooked <u>PORK</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 <u>CAKES</u> 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	Chicken Balti	Bolognese	Chicken Italian	Spanish chicken	Bangers & Beans
PASTA VEG	Balti Sauce	Veg Bolognese	Pomodoro	Basilico	
PUDDING	Chocolate brownie Fruit salad	Flap jack Fruit salad	Baked sponge Fruit salad	Shortcake Fruit salad	Crackle Fruit salad
	Starchy cooked in fat	High in fat	Meat product		

Menu may change if deliveries are not me