

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist <u>CHICKEN</u> wrapped in bacon</p> <p><u>PORK</u> <b>meatballs</b> In a rich tomato sauce with pasta</p> <p><u>PASTA</u> in a rich tomato sauce topped with cheese.</p>	<p>Silverside of <u>BEEF</u> &amp; homemade <b>Yorkshire puddings.</b></p> <p>Chicken <u>WRAPS</u> Diced chicken peppers and onion 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><u>GAMMON</u> with juicy pineapple chunks.</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>Slow cooked <u>PORK</u></p> <p>Chicken <u>CURRY</u> fluffy rice.</p> <p>Quorn mince <u>CURRY</u>. Served with fluffy rice</p>	<p>Oven baked <u>FISH</u> Chips and mushy peas</p> <p>CHEESY PIZZA</p> <p><b>CHIPS</b></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>Chip</b> in a floured bun. or Pizza
<b>PASTA MEAT</b>	Chicken Marinara	Chicken Pizza	Chicken Balti	Italiano Chicken	
<b>PASTA VEG</b>	Veg Marinara	Pizza Sauce	Balti Sauce	Pomodoro	Basilico
<b>PUDDING</b>	Short cake Fruit salad	Chocolate crunch Fruit salad	<b>Tart</b> Fruit salad	Baked sponge Fruit salad	Crackle 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