

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist <u>CHICKEN</u>.</p> <p><u>PORK MEATBALLS</u> in a rich gravy.</p> <p><u>VEGGI MEAT BALLS</u> in a rich gravy</p>	<p>Slow cooked <u>PORK</u></p> <p><u>CHICKEN STEW AND DUMPLINGS</u> Slow cooked chicken with seasonal veg in a rich gravy and dumplings</p> <p><u>VEG STEW AND DUMPLINGS</u> Seasonal veg in a rich gravy topped with dumplings</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>CHICKEN ARRIABATTA</u> Diced chicken in a rich tomato sauce with pasta shapes.</p> <p><u>PASTA</u> shapes in an arriabatta sauce.</p>	<p><u>SAUSAGE</u> Chips beans</p> <p><u>SALMON FISH CAKES</u> with a sweet chilli dip.</p> <p><u>CHEESY PIZZA</u></p> <p><u>CHIPS</u></p>
BREAK	Pizza	Bacon	Teacake, crumpet, jam on toast	Pizza	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>Chip</u> in a floured bun. Or <u>Sausage</u> in a sub roll.
PASTA MEAT	Chicken Balti	Bolognese	Chicken Italian	Spanish Chicken	<u>Bangers</u> & beans
PASTA VEG	Balti Sauce	Veg Bolognese	Pomodoro	Basilica	
PUDDING	Steamed sponge Fruit salad	Chocolate crunch Fruit salad	Flap jack Fruit salad	Baked sponge Fruit salad	Cup cakes Fruit salad
	<u>Starchy cooked in fat</u>	<u>High in fat</u>	<u>Meat product</u>		

All veg pasta sauce is also vegan.

Jacket potatoes are served daily at the pasta area with various fillings.

Menu may change if deliveries are not met