

WEEK 1	MONDAY	TUESDAY	CARVERY WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist <u>CHICKEN</u> with crispy stuffing</p> <p><u>MOUSSAKA</u> layered mince</p> <p>LAMB in a rich tomato sauce with potato and a béchamel sauce topped with cheddar cheese.</p> <p>Veggie mince <u>MOUSSAKA</u> with a béchamel cheddar cheese topping.</p>	<p>Silverside of <u>BEEF</u> & home-made Yorkshire puddings.</p> <p>Chicken <u>CURRY</u> fluffy rice</p> <p><u>QUORN</u> curry with fluffy rice</p>	<p><u>GAMMON</u> With juicy pineapple chunks</p> <p>Moist <u>CHICKEN</u></p> <p><u>FLAN</u> made with free range eggs.</p>	<p>Slow cooked <u>PORK</u></p> <p><u>BEEF</u> flan. Shortcrust <u>pastry</u> filled with minced beef and a rosette of creamy mash.</p> <p><u>SPAGHETTI NAP</u> Tomatoes onion and spaghetti topped with cheese</p>	<p>Bangers chips and beans</p> <p>Quorn sausage</p> <p>Cheesy pizza</p>
BREAK	Bagel	Bacon	Pizza	Bagel	Bacon
HOT BUTTY	Chicken wrap	Cheese ham bagel	Bacon In a soft long roll	chicken panini	Chip Sausage
PASTA KING	1 meat ½ veg	1 meat ½ veg	1 meat ½ veg	1 meat ½ veg	1 meat
PUDDING	Vanilla sponge Fruity jelly	Chocolate crunch	Flapjack	Orange sponge	Crackle
	Starchy cooked in fat	High in fat	Meat product		

Menu may change if deliveries are not met