

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>New York <u>CHICKEN</u> Moist chicken topped with bbq sauce a cheddar cheese.</p> <p><u>SPAGHETTI BOLOGNAISE</u> Mined beef in a rich bolognese sauce served with spaghetti</p> <p>Veggie mince <u>SPAGHETTI BOLOGNAISE</u> in a rich bolognese sauce</p>	<p><u>GAMMON</u> and juicy pineapple</p> <p>Chicken <u>CURRY</u> and fluffy rice.</p> <p>Diced Quorn <u>CURRY</u> and fluffy rice</p>	<p>Slow cooked <u>PORK</u></p> <p>Moist <u>CHICKEN</u> with chipolata sausage</p> <p>Roasted veg <u>QUICHE</u> made with free range eggs.</p>	<p>Silver side of <u>BEEF</u> with homemade Yorkshire puddings</p> <p><u>SALMON fish cakes</u> with a chilli dipping sauce</p> <p>Veg <u>BURGER</u> with a chilli dipping sauce</p>	<p>Bangers chips 'n' beans</p> <p><u>QUORN</u> sausage</p> <p>Cheese and tomato <u>PIZZA</u></p>
PASTA KING	1 Meat ½ veg	1 Meat ½ veg	1 Meat ½ veg	1 Meat ½ veg	1 Meat ½ veg
HOT BUTTY	Chicken panini	Brumby baguette	Ham cheese panini	Bacon	Chip Sausage
BREAK	Bagel	Bacon	Pizza	Bagel	Bacon
Puddings	Choc Oat D	Baked Sponge	Crackle	Flapjack	Chocolate sponge
	Starchy cooked in fat	High in fat	Meat product		

Menu may change if deliveries are not met.