

<b>WEEK 4</b>	<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>CARVERY</u> <u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>CHIP</u> <u>FRIDAY</u></b>
	<p>Moist <u>CHICKEN</u> with crispy stuffing</p> <p><b>Pork</b> <u>MEATBALLS</u> in a rich gravy</p> <p>Quorn Swedish <u>MEATBALLS</u> in a rich gravy</p>	<p>Silverside of <u>BEEF</u> with homemade Yorkshire puddings.</p> <p>Chicken and mushroom <u>LASAGNE</u> with béchamel cheddar cheese topping.</p> <p>Veggie mince <u>LASAGNE</u> with béchamel cheddar cheese topping</p>	<p><u>GAMMON</u> with juicy pineapple chunks.</p> <p>Moist <u>CHICKEN</u></p> <p><u>Macaroni</u> in a cheddar cheese sauce</p>	<p>Slow roasted <u>PORK</u></p> <p><u>CHILLI BEEF BOATS</u></p> <p>Rice topped with chilli beef in a tortilla boat.</p> <p><u>VEGGIE MINCE BOAT</u></p> <p>Veggie mince_chilli in a tortilla boat</p>	<p>Oven baked <u>FISH</u></p> <p><b>Chips</b></p> <p>Cheese and tomato <u>PIZZA</u></p>
<b>PASTA KING</b>	1 x meat ½ veg	1 x meat ½ veg	1 x meat ½ veg	1 x meat ½ veg	1 x meat ½ veg
<b>HOT BUTTY</b>	Chicken + stuffing	Chicken Panini	<b>Burgers</b>	Chicken wrap	Chip
<b>BREAK</b>	Bagel	Bacon	Pizza	Bagel	Bacon
<b>PUDDINGS</b>	Vanilla sponge	Crackle	Bakewell <b>tart</b>	Chocolate crunch	Marble Sponge
	<b>Starchy cooked in fat</b>	<b>High in fat</b>	<b>Meat product</b>		

Menu may change if deliveries are not met.