

WEEK 6	MONDAY	TUESDAY	CARVERY WEDNESDAY	THURSDAY	FRIDAY
	<p>New York <u>CHICKEN</u> Moist chicken topped with bbq sauce and cheddar cheese.</p> <p>Crispy minced beef <u>TACO'S</u> filled with a hint of spice topped with cheese or sour cream.</p> <p>Veggie mince and bean <u>TACO</u> in a crispy shell topped with cheese or sour cream</p>	<p><u>GAMMON</u> with juicy pineapple chunks.</p> <p>Chicken <u>CURRY</u> served with fluffy rice.</p> <p>Vegi mince <u>CURRY</u> with fluffy rice</p>	<p>Moist <u>CHICKEN</u> + chipolata sausage</p> <p><u>QUICHE</u> made with free range eggs.</p>	<p>Silver side of <u>BEEF</u> with home-made Yorkshire puddings.</p> <p><u>SALMON</u> with a herb crumb and lemon wedge</p> <p><u>PASTA</u> in a rich tomato sauce</p>	<p>Oven baked <u>FISH</u> Chips</p> <p>Mixed <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	Brumby baguette	Chicken panini	Chicken + stuffing	Burger	Chip
BREAK	Bagel	Bacon	Pizza	Bagel	Bacon
PUDDINGS	Welly fudge	Fruit flapjack	Citrus sponge	Bakewell tart	Crackle
	Starchy cooked in fat	High in fat	Meat product		

Menu may change if deliveries are not met.