

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Moist chicken with crispy stuffing</p> <p>Moussaka layered mince lamb in a rich toato sauce with potato and a béchamel sauce topped with cheddar cheese.</p> <p>Veggi mince moussaka with a béchamel cheddar cheese topping.</p>	<p>Silver side of beef with homemade Yorkshire puddings.</p> <p>Chicken curry and fluffy rice.</p> <p>Quorn toad in the hole</p>	<p>Moist chicken with chipolata sausage</p> <p>Slow cooked pork with crispy stuffing.</p> <p>Roasted veg quiche made with free range eggs.</p>	<p>Gammon and juicy pineapple</p> <p>Salmon topped with herb breadcrumb</p> <p>Pasta in a rich tomato sauce</p>	<p>Bangers chips 'n' beans</p> <p>Quorn sausage</p> <p>Cheese and tomato pizza</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 Tuna melt	Chicken wrap Brumby baguette	Chicken 'n' sausage Ham cheese panini	Bacon Chicken panini	Chip Sausage
BREAK	Bagel	Bacon	Pizza	Bagel	Bacon
Puddings	Choc Oat D Backed sponge	Clifton grid Angel delight	Crackle Baked sponge	Choc welly fudge Flapjack	Shortcake Choc oat crunch bar
	Starchy	High in fat	Meat product		

Menu may change if deliveries are not met.