

WEEKLY MENU

<p>MON 19 JAN</p>	<p>Thai chicken stir fry over spaghetti and stir fry veg</p>	<p>Egg parmesan, topped with red sauce and cheese served with mash and veg</p>	<p>(v) Lentil & Kidney beans in a spicy sauce with veg</p>
<p>TUE 20 JAN</p>	<p>Tuscan Chicken, served with Parmesan and mash.</p>	<p>Braised pork Served with rice, broccoli and butternut</p>	<p>(v) 3 Bean Stew served with rice</p>
<p>WED 21 JAN</p>	<p>Cottage pie served with peas</p>	<p>Chicken Supreme, with mushrooms & bacon and veg of the day</p>	<p>(v) Stuffed peppers with plant based meat, topped with cheese and mash</p>
<p>THUR 22 JAN</p>	<p>Broccoli bacon mac and cheese.</p>	<p>Chicken caciatore served with rice and butternut</p>	<p>(v) Cream of mushroom pasta</p>
<p>FRI 23 JAN</p>	<p>Grilled or fried Hake served with rice OR chips.</p>	<p>Chicken Lemone served with broccoli, butternut and lemon roasted potatoes</p>	<p>(v) Coconut baby marrow marsala chickpeas with basmati rice</p>
<p>SAT 24 JAN</p>	<p>Asian Beef Stir fry, served with rice and stir fried veg</p>	<p>Thai chicken curry, served with basmati rice, baby marrow and butternut</p>	<p>(v) Savoury baked potato filled with meat free mince topped with cheese</p>
<p>SUN 25 JAN</p>	<p>Roast Beef with rice, roast potatoes, Yorkshire pudding, gravy and veg</p>	<p>Roast Lamb with rice, roast potatoes, Yorkshire pudding, gravy and veg</p>	<p>(v) Feta stuffed nut roast served with spinach and rice</p>