

WEEKLY MENU

<p>MON 2 FEB</p>	<p>Benji Butter chicken served with basmati rice and vegetable</p>	<p>Hawaiian pork stir fry served with stir fry veg over spaghetti pasta</p>	<p>(v) Cauliflower and chickpeas butter chicken, served with rice, butternut and peas</p>
<p>TUE 3 FEB</p>	<p>Coronation chicken, served with rice, carrots and peas</p>	<p>Mushroom stroganoff served with mash, butternut and green beans</p>	<p>(v) Baked feta pasta</p>
<p>WED 4 FEB</p>	<p>Beef curry served with yellow rice, garden peas and carrots with side sambal salad</p>	<p>Chicken schnitzel topped with cheese sauce, served with roast potatoes, peas and butternut</p>	<p>(v) Mild coconut curry with chickpeas, served with rice, butternut and peas</p>
<p>THUR 5 FEB</p>	<p>Chilli con carne served with rice, sour cream and cheddar cheese</p>	<p>Penne a la vodka with parmesan cheese</p>	<p>(v) Lentil chilli con carne with couscous topped with sour cream</p>
<p>FRI 6 FEB</p>	<p>Beef burger, caramelized onions Served with chips</p>	<p>Creamy chicken salsa served with savoury rice, broccoli and garden peas</p>	<p>(v) Vegetarian burger served with chips</p>
<p>SAT 7 FEB</p>	<p>Alfredo pasta served with a side parmesan</p>	<p>Thai chicken curry, served with basmati rice and veg medley</p>	<p>(v) Spinach and mushroom alfredo served with a side parmesan</p>
<p>SUN 8 FEB</p>	<p>Roast Beef OR Roast Pork with rice, roast potatoes, Yorkshire pudding, gravy and veg</p>	<p>Dessert Trifle pudding</p>	<p>(v) Stuffed roasted butternut with roast potatoes and veg of the day</p>

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MON 9 FEB	Chicken carbonara with mushrooms and parmesan cheese.	Glazed sticky pork served with stir fry veg and rice	(v) Broccoli mac and cheese
TUE 10 FEB	Chicken broccoli bake served with rice, carrots and peas.	Korean Beef sesame noodles, served with baby marrows, carrots mushrooms and broccoli	(v) Mushroom, lentils and broccoli bake
WED 11 FEB	Mild pork curry served with rice, veg and a side of sambal	Chicken parmesan, served with mash, peas and butternut	(v) Eggplant parmesan
THUR 12 FEB	Chicken breyani, served with a side of sambal	Texas pulled pork, served with mash gravy and veg	(v) Vegetable breyani with lentils
FRI 13 FEB	Mongolian Beef served with rice	Peri-peri chicken served with chips and salad	(v) Spicy chickpea bowl served with couscous and roasted veg
SAT 14 FEB	Spring chicken pot served with rice and carrots.	Pork Adobo served with rice, green beans and butternut	(v) Bean stew served with rice
SUN 15 FEB	Roast Beef OR Roast Gammon with rice, roast potatoes, Yorkshire pudding, gravy and veg	Dessert Apple crumble with custard	(v) Stuffed gem squash with meat free mince

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MON 16 FEB	Thai chicken stir fry over spaghetti and stir fry veg	Eggplant parmesan served with mash, carrots and baby marrows	(v) Veg stir fry with meat free chicken over spaghetti pasta
TUE 17 FEB	Tuscan Chicken, served with mash and broccoli	Braised pork in sweet soy, served with rice, broccoli and butternut	(v) Sweet n sour falafels served with rice
WED 18 FEB	Cottage pie served with garden peas	Chicken supreme, served with mash and steamed green veggies	(v) Lentil mushroom shepards pie with side veggies
THUR 19 FEB	Broc bacon mac & cheese	Chicken cacciatore served with rice and butternut	(v) Pesto pasta with side parmesan cheese
FRI 20 FEB	Hungarian goulash, served with rice, peas and carrots	Chicken limone served with broccoli, butternut and lemon roasted potatoes.	(v) Baby marrow limone with lemon roast potatoes, butternut and broccoli
SAT 21 FEB	Asian beef stir fry, served with rice and sauteed stir fry veg	Thai chicken curry, served with basmati rice and veg medley	(v) Butter bean potjie with rice
SUN 22 FEB	Roast Beef OR Roast Pork with rice, roast potatoes, Yorkshire pudding, gravy and veg	Dessert Malva Pudding	(v) Italian style roasted cabbage

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<p>MON 23 FEB</p>	<p>Monterrey chicken bake, served with rice, carrots and baby marrows</p>	<p>Baked penne bake, topped with cheese</p>	<p>(V) Lentil bolognese over spaghetti pasta</p>
<p>TUE 24 FEB</p>	<p>Traditional meatloaf, served with mash, gravy, broccoli and carrots</p>	<p>Chicken BBQ breast, served with garlic potatoes, butternut and baby marrows</p>	<p>(V) Lentil meatloaf with mash, broccoli and carrots</p>
<p>WED 25 FEB</p>	<p>Savoury bake potato served with peas and butternut</p>	<p>Korean BBQ pork: With egg fried rice and broccoli</p>	<p>(V) Savoury bake potato filled with meat free mince</p>
<p>THUR 26 FEB</p>	<p>Chicken stroganof served with basmati rice, green beans and butternutt</p>	<p>Pork schnitzel, served with sautéed potatoes and braised cabbage with carrots</p>	<p>(V) Mushroom stroganoff served with basmati rice, green beans and butternut</p>
<p>FRI 27 FEB</p>	<p>Pork chop served with braised cabbage and potato salad</p>	<p>Creamy chicken salsa served with savoury rice, broccoli and garden peas</p>	<p>(V) Veg sausages with gravy, mash, butternut and baby marrows</p>
<p>SAT 28 FEB</p>	<p>Mongolian beef, served with basmati rice</p>	<p>Chicken pasta bake, topped with cheese</p>	<p>(V) Thai lentil veg curry with basmati rice</p>