

Three-Week Regular Menu
Week 14/01/2019

Date	Yummy Main
Monday	100% Cod fillet fish fingers and baked beans Served with sautéed potatoes
Tuesday	Chicken pasta bake with grated cheddar cheese Side of raw vegetables
Thursday	Mild chicken curry with butternut squash and green beans Served with basmati rice
Friday	Beef pieces in a light hoisin sauce and oven roasted courgette Served with egg free noodles

Three-Week Regular Menu
Week 21/01/2019

Date	Yummy Main
Monday	Chicken Tikka masala Served with vegetable couscous
Tuesday	Atlantic Pollack Fish in a creamy cauliflower sauce, carrots and courgette Served with fusilli pasta Side of raw vegetables
Thursday	Roast chicken in a sweet carrot sauce with spinach and butter beans Served with basmati rice Side of raw vegetables
Friday	Slow cooked Mexican beef Served with basmati rice Side of raw vegetables

Three-Week Regular Menu

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All food delivered to be used according to weekly menu and consumed on relevant day only
MENU AVAILABLE TO VIEW ON WEBSITE

Date	Yummy Main
Monday	100% Cod fillet fish cakes and seasonal mixed vegetables Served with baby jacket potatoes
Tuesday	Sweet and sour chicken with peppers and pineapple chunks Served with basmati rice
Thursday	Stir fry veggies with egg free noodles
Friday	Beef stew and mushrooms Served with creamy mash potato Side of raw vegetables