

Main Meals

WEEK 1

Monday

Oven Baked Chicken Breast Kiev with chunky Blue Cheese Dip
Caesar Salad and Creamy Parmesan Dressing

Tuesday

Grilled Pork and Pork Herb Sausages with buttered Mash Potatoes, caramelized
Red Onion gravy, Braised Red Cabbage and glazed Parsley Carrot Batons.

Wednesday

Steak Ciabatta with strips of Steak sautéed with Peppers and Blackened Cajun Spice
served with Red Onion Chutney, English Mustard Mayo and skin on Fries

Thursday

Penne Pasta and Meatballs in Arribiatta Sauce, Cheddar Cheese topping
served with a chopped Mixed Salad and sliced Garlic Bread

Friday

Crisp Battered Cod & Lemon, Tartare Sauce, Mushy Peas & Chips

Battered Pork Sausage

Fish Fingers

Wholetail Scampi

Chip Shop Curry Sauce / Gravy