

SAMPLE MENU

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MONDAY

Roast Chicken
Roast Beef
Taco Tater
Meatball Munch
Carbonara King
Triple Bite
Chicken Curry
Chicken Paella
Chick Casserole
BBQ Baked Potato
Bean Spud
Garden Ragu
Falafel Feast

TUESDAY

Roast Gammon
Roast Chicken
Tikka Box
Meatball Munch
Poppin' Pasta
Triple Bite
Chicken Curry
Chicken Paella
Chicken Casserole
Taco Tater
Bean Spud
Bean Medley
Falafel Roast

WEDNESDAY

Roast Chicken
Cottage Bake
Bean Spud
Meatball Munch
Bolognese Bowl
Triple Bite
Chicken Curry
Chicken Paella
Chicken Casserole
Taco Tater
Sweet & Sour
Chickpea Curry
Falafel Feast

THURSDAY

Roast Gammon
Cottage Bake
Tikka Box
Meatball Munch
Bolognese Bowl
Triple Bite
Chicken Curry
Chicken Paella
Chinese Style Chicken
Poppin Pasta
Bean Spud
Chickpea Curry
Falafel Roast

FRIDAY

Sweet & Sour
Roast Chicken
Taco Tater
Chicken Melt
Bolognese Bowl
Triple Bite
Chicken Curry
Chicken Paella
Chinese Style Chicken
Meatball Munch
Fish Roast
Veg Fried Rice
Falafel Feast

