



MEAL DEAL £1.80 WEEK 1

MEAL DEAL

Monday

2 x Sausage Mashed Potato
and Baked beans
Ginger and Apple Muffin

Vegetarian Curry with
Boiled Rice
Ginger and Apple Muffin

Tuesday

Pasta King with Chilli Beef
Pure Juice Cuplet Drink

Vegetarian Lasagne
with Salad
Treacle Flapjack
Aqua 67 185ml

Wednesday

Roast Beef Dinner
(½ mash ½ roast full Veg,
Yorkshire pudding and gravy)

Cheese and Tomato Panini
with Salad
Oaty Apple Slice
Aqua 67 185ml

Thursday

Carrot and Coriander Soup
Hotpot with Red Cabbage
Chocolate Muffin

Macaroni Cheese Bake with
Roasted Vegetables
Bakewell Tart and Custard
Pure Juice Cuplet Drink

Friday

Beef Keema Curry
with Boiled Rice
Aqua 67 185ml

Breaded Salmon Fillet, Chips
Garden/Mushy Peas
Ginger Biscuit
Pure Juice Cuplet Drink

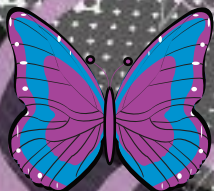
For more information visit
www.yougo4it.co.uk/stockport



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MEAL DEAL £1.80 WEEK 2

MEAL DEAL

Monday

Shepherds Pie

Beetroot

Anzac Biscuit

Freshers Juice Drink

Cheese and Ham Panini/Salad

Chocolate Crunch Bar

Freshers Juice Drink

Tuesday

Tuna Pasta Bake

Garlic Bread

Treacle Flapjack

Freshers Juice Drink

Tuna Melt Panini/Salad

Banana Muffin

Freshers Juice Drink

Wednesday

Roast Beef Dinner

(Mashed and roast Potatoes, Full Veg, Yorkshire pudding)

Cheese and Tomato Panini with Salad

Chocolate and Orange Sponge with Custard

Freshers Juice Drink

Thursday

Mince Beef and Onion Pie

Croquette Potatoes

Broccoli

Fruity Oat Cookie

Freshers Juice Drink

Roasted Vegetable Panini/Salad

Carrot Cake and Custard

Freshers Juice Drink

Friday

Breaded Salmon Fillet with Chips

Garden/Mushy Peas

Freshers Juice Drink

BBQ Chicken Panini/Salad

Cornflake Tart with Custard

Freshers Juice Drink

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MEAL DEAL £1.80 WEEK 3

MEAL DEAL

Monday

Chicken Korma and Rice
Abbey Crunch Biscuit

Sweet and Sour Quorn and Rice
Abbey Crunch Biscuit

Tuesday

Ham and Mushroom Pasta bake
Fresh Roasted vegetables
Raspberry Bun
85ml Cuplet Drink

Cheese Tomato Pizza
Baked Beans
Salad
Raspberry Bun
85ml Cuplet drink

Wednesday

Roast Beef Dinner
(½ mash ½ roast full Veg,
Yorkshire pudding and gravy)

Country Macaroni Cheese
Garden Peas
Sticky Date Muffin

Thursday

Chicken and Vegetable Pie
New Potatoes
Broccoli
Spicy Biscuit

Cheese and Potato Bake
Baked Beans
Salad
Chocolate and Apricot Brownie

Friday

Meat Pie/Pudding
Chips
Mushy/Peas
185ml Aqua Juice

Battered Fish
Garden/Mushy Peas
Chips
185ml Aqua Juice

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