

January 2018 Menu

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Vegeballs in Tomato Source	Beef & Vegetable Pie <i>with New Potatoes</i>	Roast Turkey <i>with Roast Potatoes & Gravy</i>	Chinese Chicken with Noodles	Crispy Fish & Chips
Alternative Dish	Neapolitan Pasta **	Mexican Vegetable Chilli <i>with Rice**</i>	Cheese & Potato Bake	Vegetable Biryani	Veggie Hot Dog <i>with Chips</i>
Vegetables	House Coleslaw Peas	Green Beans Cauliflower	Braised Red Cabbage Carrots	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Wedges of Melon * Orange	Pineapple and Peach Crumble <i>with Custard *</i>	Date Bar <i>served with Yoghurt</i>	Fruit in Jelly	Chocolate and Banana Muffin

Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain

January 2018 Menu

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Mac 'N' Cheese <i>Macaroni Cheese</i>	Pork Sausages <i>with Creamy Mash and Gravy</i>	Roast Chicken <i>with Roast Potatoes and Gravy</i>	Beef Chilli <i>with Rice</i>	Golden Fish Fingers & Chips
Alternative Dish	Boston Bean Casserole <i>with Rice **</i>	Vegetarian Sausages <i>with Creamy Mash and Gravy</i>	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Creamy Tomato and Basil Pasta **	Bean and potato Burrito <i>with Chips</i>
Vegetables	Broccoli Crunchy Salad	Carrots Seasonal Cabbage	Peas Swede	Sweetcorn Green Beans	Baked Beans Crunchy Light Coleslaw
Desserts	Chocolate and Mandarin Sponge * <i>with Chocolate Sauce</i>	Oatie Biscuit <i>with Fruit Slices *</i>	Peaches With Homemade Granola & Yoghurt	Carrot & Pineapple Cake Slice	Strawberry Cheesecake

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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Cottage Pie	Marinated Mild Chicken Tikka Thigh <i>With Rice</i>	Honey roast Gammon or FFL Roast Pork <i>with Roast Potatoes and Gravy</i>	Pasta Bolognese **	Crispy Salmon Fillet*** <i>with Chips</i>
Alternative Dish	Quorn Sausage and Tomato Pasta Bake ** <i>with a Bread Wedge</i>	Cheese and Sweetcorn Quiche <i>with New Potatoes</i>	Shepherdess Pie	Mild Yellow Vegetable Curry <i>with Rice</i>	Veggie Quesadilla <i>with Chips</i>
Vegetables	Peas Apple Slaw	Broccoli Fresh Tomato Salsa	Roast Parsnips Sweetcorn	Green Beans Carrots	Baked Beans Peas
Desserts	Strawberry Fro Yoghurt	Apple Cracknell <i>with Custard *</i>	Mini Gingerbread Cake <i>With Fresh Fruit *</i>	Chocolate Sultana Crispie	Creamy Rice Pudding <i>with Fruit</i>

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