

# Week One Menu

Served weeks commencing:  
2<sup>nd</sup> January 22<sup>nd</sup> January, 19<sup>th</sup> February, 11<sup>th</sup> March



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	<b>Pork Sausage with gravy</b> with Mashed Potatoes Peas Coleslaw	<b>Homemade Beef Lasagne</b> with Herby Potatoes Broccoli Peas	<b>Mild Beef Chilli con Carne</b> with 50/50 White and Wholegrain Rice Sweetcorn Broccoli	<b>Roast Chicken</b> with Roast Potatoes Green Beans Carrots	<b>Fish Fingers</b> with Chips Peas Green Beans Baked Beans
VEGETARIAN	<b>Vegetarian Sausage with gravy</b> with Mashed Potatoes Peas Coleslaw	<b>Vegetarian Lasagne</b> with Herby Potatoes Broccoli Peas	<b>Cheese &amp; Tomato Pizza</b> with Chips Green Beans Baked Beans	<b>Vegetable Enchilada</b> with 50/50 White and Wholegrain Rice Sweetcorn Broccoli	<b>Cauliflower Broccoli Cheese Bake</b> with Roast Potatoes Green Beans Carrots
JACKET POTATO / PASTA DISH	<b>Pasta with Tomato Sauce</b>	<b>Jacket Potato</b>  with a choice of either filling Tuna Mayonnaise Cheddar Cheese Baked Beans	<b>Pasta with Tomato Sauce</b>	<b>Jacket Potato</b>  with a choice of either filling Tuna Mayonnaise Cheddar Cheese Baked Beans	<b>Pasta with Tomato Sauce</b>
SANDWICH	<b>Wholemeal Bap</b> with your choice of  <b>Cheddar Cheese</b>	<b>50/50 Sandwich</b> with your choice of  <b>Ham</b>	<b>Wholemeal Bap</b> with your choice of  <b>Egg Mayonnaise</b>	<b>50/50 Sandwich</b> with your choice of  <b>Ham</b>	<b>White Baguette</b> with your choice of  <b>Cheddar Cheese</b>
DESSERTS	<b>Lemon Sponge</b> with Custard	<b>Grapes</b>  <b>Yoghurt</b>	<b>Oranges</b>  <b>Yoghurt</b>	<b>Apple Flapjack Crumble</b> with Custard	<b>Fruity Friday</b>

## AVAILABLE DAILY:

Choice of Wholemeal Bread, Fresh Salad Bar, Water, Fresh Fruit, Fruit Yoghurt.

