

*Monday**Tuesday**Wednesday**Thursday**Friday*

Dates week commencing

**Week Commencing - 2 January, 23 January, 20 February, 13 March**

<b>Meat/Fish</b>	<b>Homemade Cheese and Tomato Pizza and Cheese and Ham Pizza</b>	<b>Sizzling Sausages with Creamed Potato</b>	<b>Roast Gammon with New/Roast Potatoes</b>	<b>Mild Turkey Curry with Rice</b>	<b>Fish Fingers with Chips</b>
<b>Vegetarian</b>	<b>Vegetarian Sausage Wrap</b>	<b>Vegetable Stir Fry</b>	<b>Roast Vegetable Tart</b>	<b>Vegetable Curry with Rice</b>	<b>Vegetable Lasagne</b>
<b>Additional Options</b>	<b>Jacket Potato with Baked Beans</b>	<b>Jacket Potato with Cheese</b>	<b>Jacket Potato with Baked Beans</b>	<b>Jacket Potato with Tuna</b>	<b>Jacket Potato with Baked Beans</b>
	<b>Plain Jacket</b>	<b>Plain Jacket</b>	<b>Plain Jacket</b>	<b>Plain Jacket</b>	<b>Plain Jacket</b>
<b>Vegetables</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>
	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>
	<b>Carrots Peas</b>	<b>Peas Beans</b>	<b>Broccoli and Swede</b>	<b>Mixed Vegetables</b>	<b>Peas Beans</b>
<b>Dessert of the day</b>	<b>Fruit Crumble with Custard</b>	<b>Fresh Fruit Salad</b>	<b>Fruit Jelly and Ice Cream</b>	<b>Fresh Fruit Salad</b>	<b>Lemon Shortbread</b>

Dates week commencing

**Week Commencing - 9 January, 30 January, 27 February, 20 March**

<b>Meat/Fish</b>	<b>Pasta Bolognese</b>	<b>Sausage Casserole</b>	<b>Roast Chicken with New/Roast Potatoes</b>	<b>Shepherds Pie</b>	<b>Battered Fish with Chips</b>
<b>Vegetarian</b>	<b>Vegetarian Bolognese</b>	<b>Country Garden Crumble</b>	<b>Vegetable Plait</b>	<b>Macaroni Cheese</b>	<b>Vegetarian Sausages</b>
<b>Additional Options</b>	<b>Jacket Potato with Baked Beans</b>	<b>Jacket Potato with Cheese</b>	<b>Jacket Potato with Tuna</b>	<b>Jacket Potato with Cheese</b>	<b>Jacket Potato with Baked Beans</b>
	<b>Plain Jacket</b>	<b>Plain Jacket</b>	<b>Plain Jacket</b>	<b>Plain Jacket</b>	<b>Plain Jacket</b>
<b>Vegetables</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>
	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>
	<b>Mixed Vegetables Coleslaw</b>	<b>Baked Beans Peas</b>	<b>Green Beans Carrots</b>	<b>Carrots Cabbage</b>	<b>Peas Baked Beans</b>
<b>Dessert of the day</b>	<b>Winter Fruit Pinwheel</b>	<b>Fresh Fruit Salad</b>	<b>Fruity Yogurt Frozen Slice</b>	<b>Fresh Fruit Salad</b>	<b>Homemade Oat Biscuit</b>

Dates week commencing

**Week Commencing - 16 January, 6 February, 6 March, 27 March**

<b>Meat/Fish</b>	<b>Sweet and Sour Chicken with Rice</b>	<b>Chilli Con Carne with Rice</b>	<b>Roast Turkey with New/Roast Potatoes</b>	<b>Lasagne</b>	<b>Fish Fingers with Chips</b>
<b>Vegetarian</b>	<b>Bean Paella</b>	<b>Mushroom and Pasta Bake</b>	<b>Broccoli and Potato Bake</b>	<b>Sweet Potato and Lentil Curry</b>	<b>Quorn Bolognese</b>
<b>Additional Options</b>	<b>Jacket Potato with Baked Beans</b>	<b>Jacket Potato with Cheese</b>	<b>Jacket Potato with Baked Beans</b>	<b>Jacket Potato with Cheese</b>	<b>Jacket Potato with Baked Beans</b>
	<b>Plain Jacket</b>	<b>Plain Jacket</b>	<b>Plain Jacket</b>	<b>Plain Jacket</b>	<b>Plain Jacket</b>
<b>Vegetables</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>	<b>Ham Wrap Packed Lunch</b>
	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>	<b>Cheese Wrap Packed Lunch</b>
	<b>Sweetcorn Peas</b>	<b>Peas Baked Beans</b>	<b>Carrots Cabbage</b>	<b>Cauliflower Green Beans</b>	<b>Peas Baked Beans</b>
<b>Dessert of the day</b>	<b>Cheese and Biscuits</b>	<b>Fresh Fruit Salad</b>	<b>Granola Cookie</b>	<b>Fresh Fruit Salad</b>	<b>Chocolate Drop Biscuit</b>

The following are available daily: Freshly prepared salad bar containing 4-6 choices  
(minimum of 3 with no dressing)

Organic fresh white & wholemeal crusty bread  
Selection of seasonal fresh fruit and low fat yoghurts  
Chilled water

The carbohydrate is incorporated in the whole dish unless otherwise stated

The Packed Lunch Option will consist of:  
Ham or Cheese Wrap (subject to availability)

Portion of Raisins  
Cucumber, Carrot and Apple Sticks  
Fruit or Yoghurt  
Chilled Water