

Menu 1 - January 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Beef Bolognaise with Wholemeal Spaghetti	Chicken & Vegetable Pie & Gravy	Roast Gammon with Gravy	Creamy Chicken Casserole	Cheese & Tomato Pizza
	Macaroni Cheese	Cheese & Onion Whirls	Vegetable Hotpot	Vegetable Goulash	Breaded Salmon & Broccoli Fishcakes
	Green Beans	Mashed Potatoes	Roast Potatoes	Rainbow Rice	Chips
		Peas	Green Cabbage	Fresh Broccoli Florets	Bakes Beans
	Apricot Goodie & Custard	Fresh Carrots	Mixed Vegetables	Green Beans	Peas
		Golden Krispie Cake	Banana Custard	Chocolate Sponge & Chocolate Sauce	Fruit Jelly & Ice Cream (Cream for Serveries)

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Week 2	Pork Sausages	Lasagne with Garlic Bread	Roast Turkey with Stuffing & Gravy	BBQ Chicken	Wholemeal Breaded Cod & Tomato Ketchup
	Sweet Potato & Lentil Curry	Vegetable Chilli	Crunchy topped Cauliflower & Broccoli Bake	Quorn Bolognaise	Cheese & Vegetable Parcel
	Mashed Potatoes	Wholemeal Penne Pasta	Roast Potatoes	Jacket Potato	Chips
	Boiled Rice	Broccoli	Carrots	Sweetcorn Cobettes	Baked Beans
	Peas	Cauliflower	Green Beans	Peas	Fresh Tomoato
	Jam & Coconut Sponge & Custard	Oat Cookie with Milk	Rice Pudding with Pears	Cherry Pie & Custard	Flapjack

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Week 3	Pork Meatballs in Tomato Sauce with Pasta	Chicken Curry with Mixed Rice	Roast Beef & Yorkshire Pudding	Cheese & Ham Quiche	Cod Fish Fingers & Tomato Ketchup
	Vegetable Pasta Bake	Roasted Vegetable Risotto	Lentil Roast	Curried Vegetable Pasty	Vegetable Lasagne
	Mixed Vegetables	Cauliflower	Roast Potatoes	Mashed Potatoes	Chips
	Sweetcorn	Peas	Cabbage	Rainbow Coleslaw	Baked Beans
			Carrots	Green Beans	Peas
	Apple Crumble & Custard	Lemon Drizzle Cake	Fruit & Cream Meringues	Shortbread	Banana & Chocolate Muffin