Week 1

Wc-6th & 27th

January







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Selection of Crudités with dips (H)	Tomato salad	Soup of the day	Caser salad Or Smoked salmon salad	Selection of Crudités with dips (H)
MAIN MEAL	Baked potato with baked beans (H) or Ratatouille (H) and cheese, served with broccoli	Tikka chicken curry (H) served with white rice and naan bread	Beef Lasagne (H) served with seasonal vegetables	Pork Cumberland Sausages Served with mash(H) , Carrots & peas, Gravy	Haddock fillet Served with Couscous, & sweetcorn
MEAT FREE	Baked potato with baked beans (H) or Ratatouille (H) and cheese, served with broccoli	Tikka vegetable (H) curry served with white rice and naan bread	Veg Lasagne (H) served with seasonal vegetables	Vegetable sausages Served with mash, Carrots & peas, Gravy	Home made Honey roasted Vegetable Tart Served with Couscous, & sweetcorn
ON THE SIDE	Baked beans (H) or Ratatouille (H) and cheese, served with broccoli	white rice and naan bread	seasonal vegetables	mash(H), Carrots, peas & Gravy	Couscous & sweetcorn
DESSERT	Greek & Natural Yoghurt	Chocolate, beetroot cake(H)	Greek & Natural Yoghurt	Orange jelly	Greek & Natural Yoghurt
EVERY DAY	Fresh Seasonal Fruit Fresh baked Bread	Fresh Seasonal Fruit Cheese Naan Bread	Fresh Seasonal Fruit Fresh baked Bread	Fresh Seasonal Fruit Cheese Fresh baked Bread	Fresh Seasonal Fruit Fresh baked Bread

2 Types of fresh fruit served daily, Apples, Oranges, Pears, Pineapple, Melones & Bananas.



Week 2

Wc- 13th January 3rd February

André Malraux



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Selection of Crudités with dips (H)	Chickpea salad	Soup of the day	Cucumber salad	Selection of Crudités with dips (H)
MAIN MEAL	Croque Monsieur (H), served with seasonal veg and salad	Beef Bolognese(H) served with spaghetti, broccoli & green beans	Pesto chicken with couscous & roast vegetable	Pork Chilli (H) Served with rice and carrots & courgettes , Taco	Cod fish finger with steamed new potatoes, peas (H)
MEAT FREE	Croque Monsieur (H), served with seasonal veg and salad	Veg mince Bolognese (H) served with spaghetti, broccoli & green beans	Pesto Quorn with couscous & roast vegetable	Veg Chilli (H) served with rice, carrots & courgettes , Taco	Spinach & tomato tart served with steamed new potatoes, peas H)
ON THE SIDE	seasonal veg and salad	Spaghetti, broccoli & green beans	couscous & roast vegetable	Rice, carrots & courgettes Taco	steamed new potatoes & peas (H)
DESSERT	Yoghurt Bar	Mango mousse (H)	Yoghurt Bar	vanilla sponge(H) and custard	Yoghurt Bar
EVERY DAY	Fresh Seasonal Fruit	Fresh Seasonal Fruit Cheese Fresh baked Bread	Fresh Seasonal Fruit Fresh baked Bread	Fresh Seasonal Fruit Cheese Fresh baked Bread	Fresh Seasonal Fruit Fresh baked Bread

2 Types of fresh fruit served daily, Apples, Oranges, Pears, Pineapple, Melones & Bananas.



Week 3

Wc- 20th January 10th February

André Malraux



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Selection of Crudités with dips (H)	Salad Bar	Soup of the day	Boiled Eggs	Selection of Crudités with dips (H)
MAIN MEAL	Lentil & chickpea curry(H) with rice & naan bread, seasonal vegetables	Chicken pasta served with sweetcorn & broccoli	Fresh beef burger served with chips and salad	Mexican chicken served with couscous & green beans	Fresh Baked cod fillet served with couscous and ratatouille (H)
MEAT FREE	Lentil & chickpea curry(H) with rice & naan bread, seasonal vegetables	Vegetable pasta served with sweetcorn & broccoli	Fresh veg burger served with chips and salad	Mexican Quorn served with couscous & green beans	Spinach & tomato tart served with couscous and ratatouille (H)
ON THE SIDE	rice & naan bread, seasonal vegetables	sweetcorn & broccoli	Chips & salad	Couscous & green beans	Couscous and ratatouille (H)
DESSERT	Yoghurt Bar	Strawberry sponge	Yoghurt Bar	Apple flapjack	Yoghurt Bar
EVERY DAY	Fresh Seasonal Fruit Naan Bread	Fresh Seasonal Fruit Cheese Fresh baked Bread	Fresh Seasonal Fruit Burger Bun	Fresh Seasonal Fruit Cheese Fresh baked Bread	Fresh Seasonal Fruit Fresh baked Bread

2 Types of fresh fruit served daily, Apples, Oranges, Pears, Pineapple, Melones & Bananas.

