

w/c 7th
January

LUNCH

WEEK 1

MONDAY

Home made soup of the day

Classic
Chicken & Mushroom Tikka
Masala curry
Mango chutney
Steamed basmati rice
Naan Bread
Seasonal Vegetables
or
Vegetable Tikka Masala
curry
Mango chutney
Steamed basmati rice
Naan Bread
Seasonal vegetables

Re-Energise
Jacket Potato with
Beans , Cheese or
Chicken Curry

Desserts
Homemade Chocolate
Brownie

TUESDAY

Home made soup of the day

Classic
Italian beef meat balls
Red pepper and tomato ragu
Penne pasta
Garlic bread
Seasonal vegetables
or
Penne pasta
Red pepper and tomato ragu
Gratinated cheese
Seasonal vegetables
Garlic bread

Re-Energise
Jacket Potato with
Beans ,Cheese
Or Tuna

Desserts
Sticky toffee pudding
Rich toffee sauce

WEDNESDAY

Home made soup of the day

Classic
Roasted honey Gammon
Roast Potatoes
Peas
Carrots
or
Three cheese and
onion pasty
Roast Potatoes
Peas
Carrots

Re-Energise
Jacket Potato with
Beans , Cheese
Or Coleslaw

Desserts
Chocolate palmiers

THURSDAY

Homemade soup of the day

Classic
Chunky cottage Pie
Green beans
Broccoli
Or
Veggie sausage with
Creamy mash
Green beans
Broccoli

Re-Energise
Jacket Potato
with Beans
Grated Cheese
Or Tuna

Desserts
Homemade Iced
gingerbread

FRIDAY

Homemade soup of the day

Classic
Homemade Bread Plaice
Mashed potato
Parsley sauce
Mushy peas
Lemon Wedge

Homemade Tartare sauce
Or
Spicy vegetable Patty
Mash potato
Parsley sauce
Mushy peas

Re-Energise
Jacket Potato
with Beans
Grated Cheese
Or Chilli Con Carne

Desserts
Chocolate Chip cookie

EVERYDAY

A Variety of filled Sandwiches
and Wraps

A Selection of
Seasonal Salads

Homemade Yoghurt
with Honey

Selection of Fresh Whole
and Cut Seasonal Fruits



w/c 14th
January

LUNCH

MONDAY

Homemade soup of the day

Classic
Slow cooked Beef Bolognese
Parmesan shavings
Penne pasta
Mixed Salad
Garlic bread
or
Macaroni cheese
Garlic bread
Seasonal vegetables

Re-Energise
Baked Jacket Potato
with Beans
Grated Cheese Or
Tuna mayo

Desserts
Chocolate sponge
Chocolate sauce

TUESDAY

Homemade soup of the day

Classic
Toad in the hole
Thyme gravy
Roasted New Potatoes
Vegetable Medley
or
Veggie sausage with onion
gravy.
Vegetable Medley
Roasted New Potatoes

Re-Energise
Baked Jacket Potato
with Beans
Grated Cheese or
Cottage Cheese

Desserts
Apple and Blackberry
Crumble
Custard

WEDNESDAY

Homemade soup of the day

Classic
Seared strips of chicken
Peppers
Hoi sin sauce
Noodles
or
Stir fry of vegetables
Sweet chilli sauce
Noodles

Re-Energise
Baked Jacket Potato
with Beans
Grated Cheese
or Coleslaw

Desserts
Iced Sponge Cake
Sprinkles

THURSDAY

Homemade soup of the day

Classic
Macaroni cheese
Crispy bacon
Salad
Vegetables
or
Macaroni cheese
Salad
Vegetables

Re-Energise
Jacket Potato
with Ratatouille
or Tuna Mayonnaise

Desserts
Freshly made
White chocolate
and sweetcorn
cookie

FRIDAY

Homemade soup of the day

Classic
Breaded cod
Chunky Chips
Garden Peas
Lemon Wedge
Homemade Tartare Sauce
Or
Roasted vegetables penne
pasta served with a garlic
herb bread

Re-Energise
Jacket Potato
with Beans
Grated Cheese or
Cottage Cheese

Desserts
Rice crispy cakes

EVERYDAY

A Variety of filled Sandwiches
and Wraps

A Selection of
Seasonal Salads

Homemade Yoghurt

Selection of Fresh Whole
and Cut Seasonal Fruits



2016

WEEK 2