

w/c 21st
January

LUNCH

WEEK 1

MONDAY

Homemade soup
of the day

Classic
Beef and mushroom
stroganoff
Sweetcorn
Carrot
Rice
Or
Mushroom and roasted
pepper stroganoff
Rice

Re-Energise
Baked Jacket Potato
with
Beans, Cheese or
Beef and mushroom
stroganoff

Dessert
Rice crispy cake

TUESDAY

Homemade soup
of the day

Classic
BBQ chicken strips
Chips
Salad
Peas
Or
Grilled halloumi
Salsa
Chips
Salad
Peas

Re-Energise
Baked Jacket Potato
with
Beans, Cheese or
Tuna mayonnaise

Dessert
Cherry Flapjack

WEDNESDAY

Homemade soup
of the day

Classic
Lamb kofta
Tacos
Rice
Mint yoghurt
Salad
Or
Roasted vegetables
Tacos
Rice
Mint Yoghurt
Salad

Re-Energise
Baked Jacket Potato
with
Beans, Cheese or
Tuna mayonnaise

Dessert
Gingerbread

THURSDAY

Homemade soup
of the day

Classic
Lime chicken
Avocado salsa
Crispy potatoes
Sweetcorn
Or
Crispy potatoes
Feta cheese
Red onion
Avocado salsa
Sweetcorn

Re-Energise
Baked Jacket Potato
with
Beans, Cheese or
Cottage cheese

Dessert
Chocolate chip scone
Whipped cream

FRIDAY

Homemade soup
of the day

Classic
Fish fingers
Mashed potato
Sweetcorn
Beans
Or
Cauliflower cheese
Mashed potato
Sweetcorn
Beans

Re-Energise
Baked Jacket Potato
with
Beans, Cheese or
Tuna mayonnaise

Dessert
Strawberry mousse
Shortbread

EVERYDAY

A Variety of filled Sandwiches,
Baguettes and Wraps

A Selection of
Seasonal Salads

Homemade Yoghurt
with Fresh Coulis

Selection of Fresh Whole
and Cut Seasonal Fruits



w/c 28th
January

LUNCH

WEEK 2

MONDAY

Homemade soup
of the day

Classic

Chicken Kiev
Steamed potatoes
Succotash
Tarragon velouté
Or

Roasted sweet potato and
courgette cakes
Succotash
Tarragon velouté
Steamed potatoes

Re-Energise

Baked Jacket Potato
with
Beans, Cheese or
Coleslaw

Dessert

Mini Rocky road

TUESDAY

Homemade soup
of the day

Classic

Roasted pork sausage
Creamy mashed potato
Rich gravy
Peas
Or

Mushroom gnocchi
Blue cheese
Mixed salad

Re-Energise

Baked Jacket Potato
with
Beans, Cheese or
Tuna mayonnaise

Dessert

Chocolate meringue pie

WEDNESDAY

Homemade soup
of the day

Classic

Chicken egg fried rice
Sweetcorn
Broccoli
Curry sauce
Or

Vegetable egg fried rice
Sweetcorn
Broccoli
Curry sauce

Re-Energise

Baked Jacket Potato
with
Beans, Cheese or
Chicken curry

Dessert

Jam sponge
Toasted coconut
English custard

THURSDAY

Homemade soup
of the day

Classic

Lasagne
Garlic bread
Peas
Salad
Or

Mushroom, spinach, blue
cheese lasagne
Garlic bread
Peas
Salad

Re-Energise

Baked Jacket Potato
with
Beans, Cheese or
Tuna mayonnaise

Dessert

Chocolate brownie

FRIDAY

Homemade soup
of the day

Classic

Fishcake
Mushy peas
New potatoes
Or

Vegetable patty
Mushy peas
New potatoes

Re-Energise

Baked Jacket Potato
with
Beans, Cheese or
Tuna mayonnaise

Dessert

Iced lemon drizzle sponge

EVERYDAY

A Variety of filled Sandwiches,
Baguettes and Wraps

A Selection of
Seasonal Salads

Homemade Yoghurt
with Fresh Coulis

Selection of Fresh Whole
and Cut Seasonal Fruits

