



What's on the menu?

	Week One Week Beginning: 5th & 26th January, 23rd February , 16th March	Week Two Week Beginning: 12th January, 2nd February, 2nd & 23rd March	Week Three Week Beginning: 19th January, 9th February, 9th March
Monday	Wholemeal Tuna Pasta Bake Jacket Potato & Beans Mixed vegetables Dessert: Fresh fruit and yogurt	Jacket Potato with Cheese and beans Tomato & Basil wholemeal pasta Mixed Vegetables Dessert: fresh fruit and yoghurt	Sausages Rice and sweetcorn Jacket Potato and beans Mixed Vegetables Dessert: Yogurt and Fruit
Tuesday	Chicken Curry and Naan Tomato and basil wholemeal pasta Quorn curry and rice Mixed Vegetables Dessert: Carrot Cake Fresh fruit and yogurt	Chicken Noodles Jacket potato and tuna Quorn noodles Mixed Vegetables Dessert: Cake	Spaghetti Bolognese Quorn Bolognese Mixed Vegetables Dessert: Cake
Wednesday	Roast Chicken Quorn Roast Homemade Roast Potatoes & vegetable gravy Wholemeal Pesto pasta Mixed Vegetables Dessert: Fresh fruit	Sausage and mash Tomato & Basil wholemeal pasta Mixed Vegetables ,Gravy Dessert: Fresh fruit	Roast Chicken and Rice Quorn Chicken Tomato & Basil wholemeal pasta Mixed Vegetables Dessert: Fresh fruit
Thursday	Meatballs and spaghetti Quorn meatballs Tomato and basil wholemeal pasta Mixed vegetables Dessert: Jelly & Fruit	Beef Curry and naan Quorn curry and rice Jacket Potato and beans Dessert : Ice cream	Jacket Potatoes & cheese and beans or tuna Tomato and basil wholemeal pasta Mixed vegetables Dessert: Fresh Fruit
Friday	Homemade Sweet Potato Wedges White fish cod Mixed Vegetables Tomato and basil wholemeal pasta Dessert: Fresh fruit	Chicken wrap and rice Quorn wrap and rice Jacket potato & cheese Mixed Vegetables Dessert: Rice pudding	Chicken Fajita Quorn Fajita Wholemeal pasta Mixed Vegetables Dessert: Fruit & Jelly
available Everyday	Wholemeal bread and salad from the bar (includes; lettuce, tomatoes, cucumber, beetroot, coleslaw) subject to change		

