

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1 03/01/22 24/01/22 21/02/22 14/03/22 04/04/22	Meat Free Monday Macaroni Cheese Homemade Garlic Bread Jacket Bar Seasonal Vegetables  Cheese/Turkey/Tuna Mayo Baguette Yoghurt & Fruit Salad Bar Apple Sponge & Custard	Chicken Curry Vegetable Curry Rice Seasonal Vegetables  Cheese/Turkey/Tuna Mayo Baguette Yoghurt & Fruit Salad Bar Fruit Platter	Roast Chicken Vegetable Pie Roast Potatoes & Gravy Seasonal Vegetables  Cheese/Turkey/Tuna Mayo Baguette Yoghurt & Fruit Salad Bar Apple & Banana Cake	Italian Meatballs BBQ Quorn Pasta Seasonal Vegetables  Cheese/Turkey/Tuna Mayo Baguette Yoghurt & Fruit Salad Bar Fruit Jelly	Fish Fillet & Ketchup Vegetable Sausage Chunky Chips Baked Beans Seasonal Vegetables  Cheese/Turkey/Tuna Mayo Baguette Yoghurt & Fruit Salad Bar Ice Cream
2 10/01/22 31/01/22 28/02/22 21/03/22	Meat Free Monday Cheese Quiche New Potatoes Jacket Bar Seasonal Vegetables  Cheese/Chicken/Tuna Sandwich Yoghurt & Fruit Salad Bar Artic Roll	Chicken Fajita Vegetable Fajita Rice Seasonal Vegetables  Cheese/Chicken/Tuna Sandwich Yoghurt & Fruit Salad Bar Fruit Platter	Chicken Sausage Quorn Sausage Mash Potato & Gravy Seasonal Vegetables  Cheese/Chicken/Tuna Sandwich Yoghurt & Fruit Salad Bar Oaty Apple Crumble & Custard	Spaghetti Bolognese Vegetable Bolognese Pasta Seasonal Vegetables  Cheese/Chicken/Tuna Sandwich Yoghurt & Fruit Salad Bar Cocoa Beetroot Brownie	Fish Fingers & Ketchup Cheese & Onion Roll Chunky Chips Spaghetti Hoops Seasonal Vegetables  Cheese/Chicken/Tuna Sandwich Yoghurt & Fruit Salad Bar Ice Cream
3 17/01/22 07/02/22 07/03/22 28/03/22	Meat Free Monday Vegetable Chilli & Rice Jacket bar Seasonal Vegetables  Cheese & Tomato/Chicken & Sweetcorn Pasta Yoghurt & Fruit Salad Bar Oaty Fruit Crunch & Custard	Pizza Slice Vegetable Pastry Potato Wedges Seasonal Vegetable  Cheese & Tomato/Chicken & Sweetcorn Pasta Yoghurt & Fruit Salad Bar Fruit Platter	Roast Turkey Quorn Fillet Roast Potatoes & Gravy Seasonal Vegetables  Cheese & Tomato /Chicken & Sweetcorn Pasta Yoghurt & Fruit Salad Bar Apple Flapjack	<i>Salmon Pasta Bake</i> Veggie Sausage Pasta Bake Seasonal Vegetables  Cheese & Tomato/Chicken & Sweetcorn Pasta Yoghurt & Fruit Salad Bar Pear & Cocoa Sponge & Chocolate Custard	Fish Fillet & Ketchup Cheese Omelette Chunky Chips Baked Beans Seasonal Vegetables  Cheese & Tomato/Chicken & Sweetcorn Pasta Yoghurt & Fruit Salad Bar Ice Cream

*Jacket Potatoes, salad bar, fresh fruit, fresh bread, yoghurt & fresh drinking water available daily.*



Anna-Maria Holt BSc RD  
Company Dietitian

