



WEEK ONE MENU – WEEK COMMENCING 7TH JANUARY, 28TH JANUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Lamb Slice Diced Potatoes	Chicken Curry Rice	Roast Pork & Apple Sauce Roast Potatoes or Wholemeal Pasta	Beef Burger in a Bun Potato Wedges	Fish Fillet Low Fat Chips Or Pasta
YELLOW OPTION	(V) Southern Style Quorn Grill Pasta	(V) Jacket Potato With Baked Beans	(V) Quorn Pieces in Yorkshire Pudding Roast Potatoes or Wholemeal Pasta	(V) Cheese Pinwheel Tri Colour Pasta	(V) Cheese and Tomato Pizza Wrap Low Fat Chips or Pasta
GREEN OPTION	Tuna Roll Or filling of the day	Ham Baguette Or filling of the day	Cheese Roll Or filling of the day	Chicken Baguette Or filling of the day	Cheese Roll Or filling of the day
All served with seasonal vegetables or a choice from a selection of salad bowls & Freshly Baked Bread					
<i>Followed by a choice of</i>	Dessert of the Day	Fresh Fruit	Yoghurt	Fruit Jelly	Cheese & Biscuits

WEEK TWO MENU – WEEK COMMENCING 14TH JANUARY, 4TH FEBRUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Pork Sausages And Onion Gravy Diced Potatoes	Beef Lasagne with Side Salad	Roast Chicken with Stuffing & Roast Potatoes Or Wholemeal Pasta	BBQ Pork With Savoury Rice	Fish Fingers Low Fat Chips or Pasta
YELLOW OPTION	(V) Vegetarian Roll Pasta	(V) Quorn Hot Dog Potato Wedges	(V) Vegetarian Burrito Wrap Wholemeal Pasta	(V) Jacket Potato with Cheese	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
GREEN OPTION	Tuna Roll Or filling of the day	Ham Baguette Or filling of the day	Cheese Roll Or filling of the day	Chicken Roll Or filling of the day	Cheese Baguette Or filling of the day
All served with seasonal vegetables or a choice from a selection of salad bowls & Freshly Baked Bread					
<i>Followed by a choice of</i>	Dessert of the Day	Fresh Fruit	Yoghurt	Fruit Jelly	Cheese & Biscuits

WEEK THREE – WEEK COMMENCING 21ST JANUARY, 11TH FEBRUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Mexican Beef Vegetable Rice	Chicken Pie Creamed Potatoes	Roast Beef and Yorkshire Pudding Roast Potatoes or Wholemeal Pasta	Baked Chicken Wrap Tri Colour Pasta	Salmon Fish Fingers Low Fat Chips or Pasta
YELLOW OPTION	(V) Macaroni Cheese Garlic Dough Balls	(V) Sweet Potato and Chickpea Curry Rice	(V) Tomato Bolognese with Roast Potatoes Or Wholemeal Pasta	(V) Roasted Vegetable Slice Potato Wedges	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
GREEN OPTION	Tuna Baguette Or filling of the day	Ham Roll Or filling of the day	Chicken Roll Or filling of the day	Cheese Baguette Or filling of the day	Cheese Roll Or filling of the day
All served with seasonal vegetables or a choice from a selection of salad bowls & Freshly Baked Bread					
<i>Followed by a Choice of</i>	Dessert of the Day	Fresh Fruit	Yoghurt	Fruit Jelly	Cheese & Biscuits