



Week Commencing: 7th January 2019 – w.c. 07/01/2019

<i>Day</i>	<i>Breakfast</i>	<i>Soup</i>	<i>Midday Meal</i>	<i>Tea</i>	<i>Supper</i>
Monday		Tomato	Teacher training Shepherd's pie, cabbage and carrots Jacket potatoes Key lime pie		Toast and drinks
Tuesday	Cereals Yoghurts Fruit Juice	Mushroom	Beef chilli, rice, nachos, roast vegetables and sweetcorn Tomato pasta bake (v) Pear and ginger sponge and custard	Make your own chicken fajitas, mixed peppers and onions Trifle	Toast and drinks
Wednesday	Cereals Cheese and bacon croissants Scrambled eggs and beans Yoghurts Fruit juice	Minted pea	Roast gammon, roast potatoes, carrots and cauliflower cheese Spinach and ricotta cannelloni Muesli crunch	Homemade pizza, veggie pizza and wedges Wholemeal apple cake and custard	Toast and drinks
Thursday	Cereals Potato waffles Scrambled eggs and beans Yoghurts Fruit juice	Butternut squash and red pepper	Lamb Balti, rice, poppadums, green beans and sweet potatoes Macaroni cheese Marbled chocolate and orange cheesecake	Salmon fillets, roast new potatoes, carrots and peas Lemon drizzle cake	Toast and drinks
Friday	Cereals Full English Yoghurts Fruit juice		Fish, chips, mushy peas and beans French bread pizzas Chocolate chip shortbread		Toast and drinks

Meals will be served with Seasonal Vegetables, Salad Bar, Fresh Fruit & Yogurt.

Home-made soup with fresh baked bread served at lunchtime.

(g) gluten free (v) vegetarian (d) dairy free