



Week commencing: Monday 12<sup>th</sup> January 2026 ~ 12/01/2026

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday	<p>Some penguin species can recognize themselves in a mirror</p> 		<p>Bacon chop with pineapple with baby potatoes, peas and sweetcorn</p> <p>Stir fry vegetable</p> <p>Chocolate sponge and chocolate custard</p>	<p>Hot beef sandwich with French fries and peas</p> <p>Chocolate muesli</p>	<p>Toast and drinks</p>
Tuesday	<p>Sausages</p> <p>Scrambled eggs and beans</p> <p>Fruit juice</p> <p>Yoghurts</p>	<p>Parsnip (V) (GF)</p>	<p>Beef Bourguignonne with mashed potato, roast carrots and broccoli</p> <p>Baked cod in tomato sauce</p> <p>Gypsy tart</p>	<p>Oriental lamb, rice and peppers</p> <p>Bakewell tart and custard</p>	<p>Toast and drinks</p>
Wednesday	<p>Croissants</p> <p>Scrambled eggs and beans</p> <p>Fruit juice</p> <p>Yoghurts</p>		<p>Roast turkey, roast potatoes, cauliflower cheese and green beans</p> <p>Parmigiani</p> <p>Mandarin sponge and custard</p>	<p>Flatbread pizza with spicy tomato and cucumber salad</p> <p>Arctic roll</p>	<p>Toast and drinks</p>
Thursday	<p>Overnight oats</p> <p>Scrambled eggs and beans</p> <p>Fruit juice</p> <p>Yoghurts</p>	<p>Courgette and mascarpone (GF) (V)</p>	<p>Pulled pork sandwich with red cabbage slaw, sweetcorn and rice</p> <p>Mediterranean vegetables with tortilla bread</p> <p>Fruit flapjack</p>	<p>Minced beef and mash in Yorkshire pudding with peas</p> <p>Ginger sponge and cream</p>	<p>Toast and drinks</p>
Friday	<p>Full English</p> <p>Fruit juice</p> <p>Yoghurts</p>		<p>Fish, chips, peas, beans and curry sauce</p> <p>Southern fried chicken steak</p> <p>Raspberry and white chocolate blondie</p>	<p>On ice, they often slide on their bellies instead. This movement, called tobogganing, helps them travel quickly.</p> 	

Meals will be served with seasonal vegetables, jacket potatoes, salad bar, fresh fruit and yoghurt  
Homemade soup with fresh baked bread served at lunchtimes  
(g) gluten free (v) vegetarian (d) dairy free