



Week Commencing: 14th January 2019 – w.c. 14/01/2019

<i>Day</i>	<i>Breakfast</i>	<i>Soup</i>	<i>Midday Meal</i>	<i>Tea</i>	<i>Supper</i>
Monday		Carrot and coriander (v)	Chicken Lasagne, garlic bread slices, green beans and roast squash Vegetable frittata (v) Rice pudding	Hot pork baguettes and apple sauce Apricot and cranberry flapjack	Toast and drinks
Tuesday	Cereals Croissants Scrambled eggs and beans Yoghurts Fruit juice	Vegetable soup (v)	Meatballs, tomato sauce and pasta Veggie stir fry (v) Chocolate peppermint shortcake	Jacket potatoes with various toppings Rhubarb and apple crumble with custard	Toast and drinks
Wednesday	Cereals Eggy bread Scrambled eggs and beans Yoghurts Fruit juice	Courgette and mascarpone (v)	Roast Lamb, roast potatoes, carrots, parsnips, swede mash and mint sauce Veggie curry (v) Pineapple upside down cake and custard	Steak, wedges, mushrooms and onion rings Donuts	Toast and drinks
Thursday	Cereals Cheese on toast Scrambled eggs and beans Yoghurts Fruit juice	Tomato and basil	Sausages, mash potato, carrots and parsnips Mozzarella and broccoli pasta bake (v) Lemon sponge and custard	Chicken and bacon carbonara, garlic bread slices Fruit Arctic Roll	Toast and drinks
Friday	Cereals Full English Yoghurt Fruit juice		Fish, chips, mushy peas and beans Cheese rolls Chocolate krispies		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