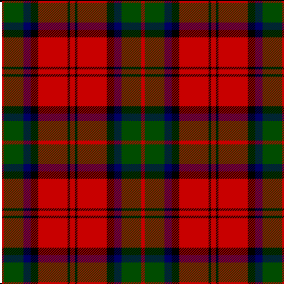



Week Commencing 21.01.2019 21<sup>st</sup> January 2019

| Day       | Breakfast   | Soup                                | Middy Meal  | Tea   | Supper           |
|-----------|---|-------------------------------------|---|---|------------------|
| Monday    |  | Veg soup (V)                        | Pork casserole, suet crust, carrots and cauliflower<br>Cheese and tomato pasta<br>Rice pudding                          | Cottage pie with peas and gravy<br>Mandarin crumble and custard                       | Toast and drinks |
| Tuesday   | Cereals<br>Eggy bread<br>Scrambled eggs & beans<br>Yoghurts & fruit juice         | Butternut squash and red pepper (v) | Tuna pasta bake<br>Mushroom risotto (V)<br>Key lime pie   | Southern fried chicken with beans and wedges<br>Millionaire's shortbread              | Toast and drinks |
| Wednesday | Cereals<br>Potato waffles<br>Scrambled eggs & beans<br>Yoghurts & fruit juice     | Curried parsnip (v)                 | Roast beef with Yorkshire puddings, cauliflower cheese and cabbage<br>Vegetable chill and rice (V)<br>Australian crunch | Pizza and chips with peas or beans<br>Ginger sponge and custard                       | Toast and drinks |
| Thursday  | Cereals<br>Pancakes<br>Scrambled eggs & beans<br>Yoghurts & fruit juice           | Cream of onion soup (V)             | Chicken Curry with rice, naan and chutney<br>Macaroni Cheese<br>Apple Pie   | Burn's Night Supper<br>Haggis, Neeps and Tatties<br>Cranachan                         | Toast and drinks |
| Friday    | Cereals<br>Full English<br>Scrambled eggs & beans<br>Yoghurts & fruit juice       |                                     | Fish, chips beans and mushy peas<br>Cheese and onion rolls (V)<br>Chocolate orange muffins                              |  |                  |

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