



Week commencing: Monday 30th January 2023 ~ 30/01/2023

Day	Breakfast	Soup	Midday Meal	Tea	Supper
Monday		Cream of tomato (v)	Bacon chops with wholegrain mustard sauce, new potatoes, carrots and peas Maccaroni cheese with bread crumb crust (v) Tottenham cake	Mince beef, Yorkshire puddings and cabbage Treacle sponge and custard	Toast and drinks
Tuesday	Cheese on toast Scrambled eggs and beans Fruit juice Yoghurts	Spicey parsnip (v)	Beef lasagne, broccoli, sweetcorn and roast new potatoes Spinach and ricotta lasagne (v) Apple shortcakes	Fish fingers with chips and beans Fruit scones	Toast and drinks
Wednesday	Sweet waffles and fruit compote Scrambled eggs and beans Fruit juice Yoghurts	Yellow split pea (v)	Roast pork, roast potatoes, cauliflower, carrots and apple sauce Veggie chilli (v) Banoffee pie	Sausage and mashed potatoes, peas and gravy Iced lemon cake	Toast and drinks
Thursday	Potato waffles Scrambled eggs and beans Fruit juice Yoghurts	Broccoli and stilton (v)	Chicken breast fillets in garlic marinade, savoury rice and roasted root vegetables Goats cheese ratatouille (v) Chocolate and pear sponge with chocolate custard	Steak pie, chips and veg medley Meringues with berries and ice cream	Toast and drinks
Friday	Full English Fruit juice Yoghurts		Fish, chips, peas, beans and tartare sauce Cheese pasties (v) After eight chocolate brownies		

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