



## WINTER WEEK BEGINNING 30 JANUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast Every Day</b>	Fruit salad, fresh fruit bowl, natural yoghurt, cereal, nut-free muesli, oatmeal and wholemeal bread for toasting, cheese, ketchup, brown sauce, honey, marmalade, marmite, jam, fruit juice, tea, coffee						
<b>Breakfast</b>	Scrambled eggs Grilled tomatoes Toasted bagels	Porridge Bacon Baked beans	Kippers Boiled eggs Crumpets	French breakfast : Pain au chocolat and Hot chocolate	Fried Eggs Spaghetti hoops Toasted muffins	Chipolatas Mushrooms Hash browns	Lie-in: Full English breakfast 
<b>Break Every Day</b>	Fresh fruit bowl, crudités, biscuits, milk						
<b>Lunch - Main</b>	Gammon steaks with Dauphinoise potatoes	Hearty beef stew with herb dumplings and mashed potatoes	Herb roasted chicken with red pesto penne pasta	Roast loin of pork in Peppercorn sauce, with baby roast potatoes	Pepperoni or Margherita pizzas and chips	Traditional shepherd's pie	Roast beef, Yorkshire pudding, horseradish sauce with roast potatoes
<b>Vegetarian</b>	Roasted vegetable and goat's cheese tart	Hearty bean and vegetable stew with cheese and herb dumplings	Pasta bake 	Quorn in a peppercorn sauce	Tuna and sweetcorn or Margherita pizzas	Shepherdess pie	Chef's Special 
<b>Vegetables</b>	Mixed vegetables	Green beans	Broccoli	Snow peas and baton carrots	Mixed green salad and home-made dressing	Buttered cabbage	Cauliflower cheese and Chantenay carrots
<b>Salad Bar</b>	A selection of protein and vegetable salads with carbohydrate options						
<b>Pudding and/or Fruit Bowl Every Day</b>	Cinnamon and plum crumble with custard	Lemon drizzle tray bake cake with lemon curd sauce	Butterscotch mousse	Fruit salad and ice cream	Flapjacks	Arctic roll	Selection of hot and cold desserts
<b>Low Tea</b>	Fresh fruit bowl, cake of the day/variety of cakes, milk						
<b>Supper Every Day</b>	Fresh Fruit bowl, fruit yoghurts, wholemeal bread, cheese spread, jam, honey, marmite, milk, tea						
<b>Supper - Main</b>	Turkey schnitzels with baked beans 	Bangers and chips garden peas with ketchup	Baked jacket potatoes with assorted fillings (salami, cheese, tuna mayo) and iceberg salad	Lasagne with mixed vegetables and parmesan cheese	Chicken fajhitas with Mexican style rice	Scampi and fish goujons in a basket with French fries and cucumber sticks	Double lamb burgers with shredded lettuce and mayonnaise with battered onion rings
<b>Vegetarian</b>	Cheesy bakes	Veggie bangers	As above	Cannelloni verdi	Quorn fajhitas	Vegetable nuggets	
<b>Alternative Supper</b>	Tofu and black bean vegetable stir fry	Southern baked fish with roasted vegetables	Veggie mince pie with mash topping	Chickpea and vegetable biryani	Cheese and onion tart and peas	Salad of the day	Salad of the day