



Week date: 13/02/2023, Week No: 07/2023 Cycle No: 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup						
B						Sunday Pudding, Custard
Lunch Main						
1 Minced Beef & Onion Pie	Chicken Thigh Curry	Cheese Burger with Burger Relish	Pork Steak Au Poivre Sauce.	Breaded Fillet Of Fish	Saturday Brunch & Beans	Roast Chicken Wrapped In Bacon
2 Roast Veggie & Pesto Tart	Vegetable & Chickpea Korma	Butternut, Beets & Goats Cheese Burger	Stuffed Peppers (V)	Macaroni Cheese, Crispy Crumb	Veggie sausage/Burger & Baked Beans.	Roasted Med Veg, Garlic & Thyme
3 Chargrilled Vegetable & Egg Salad	Cheese Salad	Mozzarella, Pesto Pasta Salad	Stilton, Apple & Walnut Salad	Pork Pie Ploughman's	Tuna Pasta Salad.	3 Cheese Ploughmans
Lunch Vegetables						
A New Potatoes & Green Beans	Corriander Rice	Spicy Fries & Coleslaw	Rice	New Potatoes & Garden Peas	Banana	Potato's & Vegetables of the Day
Tea Main						
1 Tuna Mayo Salad On White	Ham & Lettuce On White	Garlic Sausage & Lettuce On White	Chicken & Sweetcorn On White	Corned Beef & Pickle On White	Chicken & Bacon Baguette	Corned Beef Salad On Brown
2 Cheese & Tomato, Wholemeal Baguette	Hummus & Roasted Red Pepper Wrap	Egg & Spring Onion On White	Brie & Cranberry Salad Roll	Egg & Chive On Brown	Spinach Wrap With Greek Salad & Hummus	Cheddar & Sliced Red Onion On White
3 Feta & Beetroot Salad	Deviled Egg Salad	Tuna Nicoise Mixed Salad	Seafood Pasta Salad	BBQ Chicken Drumstick Salad.	Chicken Pate Ploughman's	Brie & Red Pepper Quiche Salad
4 Branflake, Cheese & Cracker Pack	Muesli, Cheese & Cracker Pack	Branflake, Cheese & Cracker Pack	Muesli, Cheese & Cracker Pack	Branflake, Cheese & Cracker Pack	Muesli, Cheese & Cracker Pack	Branflake, Cheese & Cracker Pack
Tea Vegetables						
A					Crisps/Fruit/Dessert.	Crisps/Fruit/Dessert.



Week date: 06/02/2023, Week No: 06/2023 Cycle No: 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup							
B	Asian Coleslaw					Sunday Pudding, Custard	
Lunch Main							
1	Beef & Veg Pasty	Pork Steak BBQ Sauce.	Jacket Potato, Cheese & Bacon	Spicy Meatball Curry	Battered Fillet Of Fish	Bacon Sausage Black Pudding & Beans.	Garlic Roast Chicken
2	Cheese & Onion Pasty	Tomato Goats Cheese & Basil Tart.	Jacket Potato, Cheese Savoury	Thai Coconut & Beetroot curry.	Sweet Potato & Herb Crumble	Veggie sausage/Burger & Baked Beans.	Veggie Nut Roast
3	Chicken Panzanella Salad, Blue Cheese Dressing	Pesto, Chicken Pasta Salad	Lemon & Herb Chicken Salad	Prawn Salad Marie Rose Sauce	Chicken Caesar Salad	Tuna Nicoise Mixed Salad	Roast Chicken Salad
Lunch Vegetables							
A	New Potatoes & Green Beans	Spicy Fries	Baked Beans	Fragrant Rice	Roasted New Potatoes & Green Beans	Banana	Roast Potatoes & Seasonal Veg
Tea Main							
1	BLT Baguette	Salami Salad On White	Cajun Chicken On Brown.	Tuna & Sweetcorn On White	Coronation Chicken & Salad Bap	Ham Salad On White	Salami & Cheese On Brown
2	Cheese & Pickle On White	Egg & Cress On Brown	Grated Carrot, Hummus Beetroot Wrap	Red Leicester & Tomato Chutney On Brown	Rainbow Veg, Minted Yoghurt Wrap	Brie & Tomato Baguette	Egg Salad On White
3	5 Bean & Smoked Mackerel Salad	Cheese Salad	Chargrilled Vegetable & Egg Salad	Thai Sweet Chilli Chicken Salad	Cheese Ploughman's Salad	Deviled Egg Salad	Broccoli & Stilton Quiche
4	Branflake, Cheese & Cracker Pack	Muesli, Cheese & Cracker Pack	Branflake, Cheese & Cracker Pack	Muesli, Cheese & Cracker Pack	Branflake, Cheese & Cracker Pack	Muesli, Cheese & Cracker Pack	Branflake, Cheese & Cracker Pack
Tea Vegetables							
A	Dessert Of The Day		Dessert Of The Day		Soup/Crisps/Fruit/Dessert.	Soup/Crisps/Fruit/Dessert.	



Week date: 30/01/2023, Week No: 05/2023 Cycle No: 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup							
B						Sunday Pudding, Custard	
Lunch Main							
1	Chicken & Mushroom Pie	Cheese Burger	Irish Bacon Cabbage & Parsley Sauce	Mixed Meat Chow Mein	Breaded Fillet Of Fish	Bacon Sausage Black Pudding & Beans.	Roast Beef, Yorkshire Pudding
2	Vegetable Stroganoff	Flat Cap Mushroom & Goats Cheese Burger	Chick Pea & Spinach Tagine	Vegetable Chow Mein	Cauliflower Cheese With A Crispy Crumb	Veggie sausage/Burger & Baked Beans.	Aubergine, Garlic & Thyme Cous- Cous
3	Tuna Pasta Salad.	Falafel Salad with Hummus & Tahini Dressing	3 Cheese Ploughmans	Feta & Pomegranate Salad	Chicken Caesar Salad	Roasted Med-Veg & Moroccan Cous Cous Salad (v)	Roast Beef Salad
Lunch Vegetables							
A	Fragrant Rice	Spiral Fries & Garlic Mayo	Steamed Potatos		New Potatoes & Garden Peas	Banana	Roast Potatoes & Seasonal Veg
Tea Main							
1	Corned Beef, Wholegrain Mustard On White	Brie & Bacon Baguette	Chicken & Sweetcorn On White	Ham & Tomato Baguette	Chopped Pork & Salad Ciabatta	Thai Sweet Chilli Tuna Wrap	Chicago Chicken On White
2	Cheese & Tomato, Wholemeal Baguette	Egg & Cress Wrap	Cream Cheese & Chive Bagel	Carrot & Hummus Wrap	Curried Egg Mayo On White	Feta, Hummus, Olive & Roasted Red Pepper Pitta	Cheese Savoury & Tomato On Brown
3	Chicken Waldorf Salad	Coronation Chicken Salad	Ham & Potato Salad	Smoked Mackerel Salad, Horseradish Mayo	Winter Roasted Veg Salad	Chicken Wing, Celery Salad & Blue Cheese Dressing	Mozzarella, Pesto Pasta Salad
4	Branflake, Cheese & Cracker Pack	Muesli, Cheese & Cracker Pack	Branflake, Cheese & Cracker Pack	Muesli, Cheese & Cracker Pack	Branflake, Cheese & Cracker Pack	Muesli, Cheese & Cracker Pack	Branflake, Cheese & Cracker Pack
Tea Vegetables							
A					Soup/Crisps/Fruit/Dessert.	Soup/Crisps/Fruit/Dessert.	



Week date: 23/01/2023, Week No: 04/2023 Cycle No: 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup							
B						Sunday Pudding, Custard	
Lunch Main							
1	Meat Pie	Asian Pork Steak.	Sausages In Onion Gravy	Beef Casserole	Fish Cakes	Bacon Sausage Black Pudding & Beans.	Roast Pork Loin
2	Cheese & Onion Pasty	Thai Red Veg Curry	Veggie Sausages, Tomato Chutney	Veggie Casserole	Macaroni Cheese With Leeks	Veggie sausage/Burger & Baked Beans.	Aubergine, Garlic & Thyme Cous- Cous
3	Dill Gherkin, Salami & Mustard Salad	Tuna Nicoise Mixed Salad	Roasted Med-Veg & Moroccan Cous Cous Salad (v)	5 Bean & Smoked Mackerel Salad	Chicken Caesar Salad	Puy Lentil, Beetroot & Goats Cheese Salad	Roast Pork Salad
Lunch Vegetables							
A	Parsley Potatoes & Veg	Coconut Rice	Potato's & Vegetables of the Day	Rice & Peas	Wedges & Mushy Peas	Banana	Roast Potatoes & Seasonal Veg
Tea Main							
1	Chicken Liver Pate & Tomato Baguette	Chicken Tikka On White	Tuna & Sweetcorn On White	Garlic Sausage & Lettuce On White	Ham Baguette, Mustard Mayonnaise	Chicken & Sweetcorn On White	Salami Salad On White
2	Red Leicester & Tomato Chutney On Brown	Brie & Cranberry Baguette	Egg Salad Baguette	Med Veg, Pesto & Cream Cheese Wrap	Roasted Pepper, Feta & Hummus Pitta	Egg Mayo With Salad On Brown	Cheese & Pickle On Brown Baguette
3	Ham & Egg Salad	Corned Beef Ploughmans.	Tandoori Chicken Leg Salad, Mint Yoghurt	Brie & Pesto Quiche Salad	Asian Chicken Noodle Salad	Tuna Pasta Salad.	Gala Pork & Egg Pie Ploughmans.
4	Cereal, Milk, Cheese & Crackers	Cereal, Milk, Cheese & Crackers	Cereal, Milk, Cheese & Crackers	Cereal, Milk, Cheese & Crackers	Cereal, Milk, Cheese & Crackers	Cereal, Milk, Cheese & Crackers	Cereal, Milk, Cheese & Crackers
Tea Vegetables							
A					Soup/Crisps/Fruit/Dessert.	Soup/Crisps/Fruit/Dessert.	