

Jan-18

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich Turkey salad sand egg mayo salad sand beef and Mushroom Stroganoff(GF) Beef Chilli(GF) cheese and tomato pizza)(v) Chicken flatbreads Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt Peperonata (PK) pizza chicken pizza ham pizza margherita pizza pepperoni Pomodoro (PK)(v)(GF)	ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand beef and carrot hotpot(GF) caramelised pork chops with apple(GF) Chicken flatbreads Chicken Italiano (PK)(GF) Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni Pomodoro (PK)(v)(GF) stuffed peppers(v)	ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand Chicken flatbreads Chicken Tikka(pk)(GF) leek flan)(v) Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni Pomodoro (PK))(v)(GF) Roast Turkey (GF) Sticky Salmon (GF)	ham sandwich cheese sandwich chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand Chicken flatbreads chicken tikka(GF) Chicken Torino(pk) Fish Pie Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni Pomodoro (PK)(v)(GF) roasted ratatouille pasta)(v)	ham sandwich cheese sandwich quorn sweet potato curry(v)(GF) chicken tikka sand tuna mayo salad sand turkey sandwich chicken salad sand egg mayo salad sand beef sweet chilli vegetable stir-fry Chicken flatbreads veggie Bolognese boats (pk)(v) Pannini BBQ Chicken Pannini Cheese and Tomato Pannini Ham and Cheese Pannini Tuna Melt pizza chicken pizza ham pizza margherita pizza pepperoni scampi
50/50 rice Cooked Vitamin Pasta (pk) Vegetable Soup potato wedges	Cooked Vitamin Pasta (pk) Mashed potato Vegetable Soup	Cooked Vitamin Pasta (pk) New Potatoes Vegetable Soup	50/50 rice Cooked Vitamin Pasta (pk) garlic bread slices Vegetable Soup	50/50 rice chips Cooked Vitamin Pasta (pk) Vegetable Soup
baked beans Baked Potato Mixed vegetables plated salad	baked beans Baked Potato Green Beans (DUP) plated salad swede	baked beans Baked Potato broccoli Carrots (DUP) plated salad	baked beans Baked Potato Mixed vegetables plated salad	baked beans Baked Potato mushy peas plated salad
fresh fruit Apple Banana Fruit yoghurt ground rice pudding chocolate brownie(TB) Oranges	fresh fruit Apple Banana custard flapjack(TB) Fruit yoghurt Oranges sticky toffee pudding with sauce	fresh fruit Apple Banana chocolate crackle(TB) custard Fruit yoghurt iced sponge Oranges	fresh fruit Apple Banana chocolate crunch with cranberries(TB) custard Fruit yoghurt Oranges sunburst lemon cake	fresh fruit Apple Banana chocolate fridge squares(TB) chocolate muffins Fruit yoghurt Oranges
banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(orange)	banana milk shake bottled water milk(choc) orange juice(200ml) semi skimmed milk strawberry milk shakes suso(berry) suso(lemon) suso(oran)
Sandwich bread Garlic Bread	Sandwich bread	Sandwich bread	Sandwich bread naan bread	Sandwich bread

PK = PAST KING
 G.F= GLUTEN FREE
 V= VEGETARIAN
 T.B = TRAY BAKE