

Week 2 Lunch Jan 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Fresh Baked Bloomer	Onion Bread	Garlic & Rosemary Focaccia	Seeded Bread	Multi Grain Loaf
MAIN 1	Cumberland Sausage with Onion Gravy	Seafood, Red Pepper & Pea Paella Garnished with Flat Leaf Parsley & Lemon	Honey Glazed Gammon	Pulled BBQ Pork Shoulder on Flat bread with Beefsteak Tomato & Gherkin	Battered Cod with Lemon & Tartar Sauce Or Gluten Free Fish Fingers
MAIN 2	Chicken Korma	Meat Feast Pasta Bake	Shepherd`s Pie	Chicken & Leek with Pasta & Creamy Cheese Sauce	Teriyaki Chicken Thigh
VEGETARIAN	Green Lentil, Spinach, Red Pepper Curry	Stuffed Peppers	Vegetable Samosa with Mango Chutney	Winter Vegetable Pie With Gravy	Cheddar Cheese & Red Onion Tart with Rocket & Balsamic
JACKETS OR PASTA	Pasta	Jackets Sweet Potato	Pasta & Wholemeal Pasta	Jackets	Pasta
FILLING OR SAUCE	Tomato Sauce Spinach Cream Sauce	Baked beans Grated Cheese Roast Mediterranean Vegetables Ragout	Tomato Sauce Basil Pesto	Baked beans Grated Cheese Tuna and corn mayo	Neapolitan Sauce Red Pepper Pesto
POTATO / CARBS	Mashed Potatoes Rice	Herby New Potatoes	Stone Baked Jacket Bombay Potato	Potato Wedges Charlotte Potatoes with Olive Oil & Chives	Chips Egg Noodles
VEGETABLES	Lightly Spiced Roast Aubergine Baked Beans	Sautéed Courgette with Onion & Sunflower Seeds Steamed Kale	Broccoli Pan Fried Savoy Cabbage	Peas Parsley Carrots	Mushy Peas Asian Vegetables
DESSERT	Eve`s Pudding & Custard Chocolate Brownie with Ganache Topping Fruit Jelly	Coconut & Strawberry Jam Bakewell with Custard Fresh Fruit Pots Yogurt Pots	Spiced Rice Pudding with Mango Compote Iced Lemon & Poppy Seed Cake Fruit Jelly	Steamed Jam Sponge & Custard Sunflower Seed & Blueberry Flapjack Yogurt Pots	Bread & Butter Budding with Custard Chocolate Mousse Fruit Jelly

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