

Option 1	Cheese & Tomato Pizza	BBQ Chicken	Minced Beef Cottage Pie with Mashed Potato Topping	Chicken Chow Mein with Noodles	Fish Fingers & Chips
WEEK ONE 3 Jan 24 Jan 21 Feb 14 Mar 4 Apr	Vegetable Tagine with Couscous	Vegetable Lasagne	Macaroni Cheese	Vegetable Pastty Chef's Special	Glamorgan Bean & Leek Sausages
Vegetables & Salads	Cauliflower Green Beans Rainbow Slaw	Broccoli Sweetcorn Mixed Bean Salad	Carrots Green Cabbage Green Bean Salad	Roasted Squash Peppers Mixed Leaf Salad	Steamed Peas Baked Beans Potato Salad
Dessert	Pear Crumble with Custard Yoghurt / Fresh Fruit	Mandarin Cheesecake Yoghurt / Fresh Fruit	Apple, Cheese & Oaty Biscuit Yoghurt / Fresh Fruit	Banana Loaf Yoghurt / Fresh Fruit	Yoghurt & Fresh Fruit Station
WEEK TWO 10 Jan 31 Jan 28 Feb 21 March	Chickpea & Vegetable Hot Pot	Beef Lasagne	Roast Chicken	Chicken Pie, Mashed Potato with Gravy	Battered Fish & Chips
Option 2	Broccoli Pasta Bake	Vegetable & Bean Fajitas	Vegetarian Wellington	Quorn Pasta Bake	Cheese & Red Pepper Frittata
Vegetables & Salads	Roasted Tomatoes Broccoli Coleslaw	Sweetcorn Courgettes Sweet Potato Power	Cauliflower Carrots Couscous Salad	Red Cabbage Green Beans Roasted Veg Power	Steamed Peas Baked Beans Tomato Penne Salad
Dessert	Eve's Pudding with Custard Yoghurt / Fresh Fruit	Pear & Ginger Slice Yoghurt / Fresh Fruit	Melon, Breadsticks & Cheese Yoghurt / Fresh Fruit	Five A Day Cake Yoghurt / Fresh Fruit	Yoghurt & Fresh Fruit Station
WEEK THREE 17 Jan 7 Feb 7 Mar 28 Mar	Sweet & Sour Butterbeans with 50/50 Rice	Chicken Tagine with Couscous	Roast Turkey	Beef Chilli & Beans with 50/50 Rice	Breaded Fish & Chips
Option 2	Vegetarian Tortilla Stack	Spicy Bean Burger with Jacket Wedges	Jollof Rice, Quorn & Beans	Roasted Vegetable Pizza	Vegetable Enchiladas
Vegetables	Peppers Sliced Beans Green Bean Power	Sweetcorn & Peas Mixed Apple & Raisin Salad	Leeks Roasted Carrots Beetroot & Orange	Broccoli Cauliflower Grated Carrot Salad	Steamed Peas Baked Beans Tabbouleh
Dessert	Rice Pudding with Mixed Berries Compote Yoghurt / Fresh Fruit	Apple & Raisin Strudel with Custard Yoghurt / Fresh Fruit	Pineapple, Cream Cheese & Crackers Yoghurt / Fresh Fruit	Peach Upside Down Cake with Custard Yoghurt / Fresh Fruit	Yoghurt & Fresh Fruit Station



Added Plant Power



Vegan



Wholemeal



Oily Fish

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection