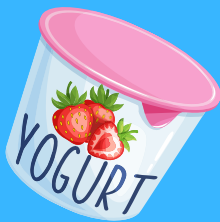
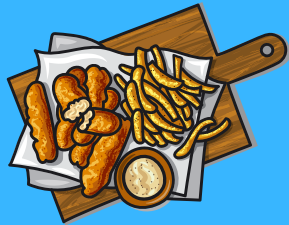
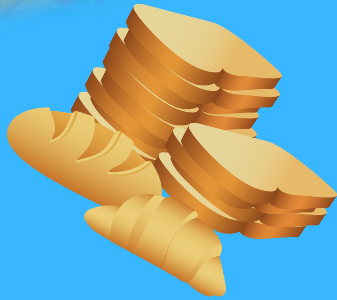


Week One Menu

WC 31.1.22, 14.2.22, 1.3.22, 21.3.22



M

Red: Oven baked Sausage

Green: Oven baked Quorn Sausage

Purple: Jacket Potato with Cheese or Beans

Carbs: Mashed Potato

Veg: Garden Peas & Carrots

Dessert: Vanilla Ice Cream

T

Red: Beef Lasagne

Green: Cheese & Tomato Omelette

Purple: Jacket Potato with Cheese or Beans

Carbs: Diced Potatoes and Garlic Bread

Veg: Broccoli Florets

Dessert: Fruit Pot

W

Red/Green: Margarita Pizza

Purple: Jacket Potato with Cheese or Beans

Carbs: Oven Baked Wedges

Veg: Sweetcorn

Dessert: Strawberry Jelly (V)

Th

Red: Chicken & Sweetcorn Pasta Bake

Green: Cheesy Pasta Bake

Purple: Jacket Potato with Cheese or Beans

Carbs: Garlic Bread

Veg: Broccoli Florets

Dessert: Raspberry Jelly (V)

F

Red: Fish Fingers

Green: Quorn Burger

Purple: Jacket Potato with Cheese or Beans

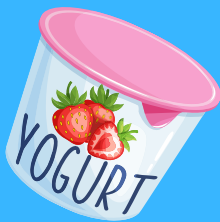
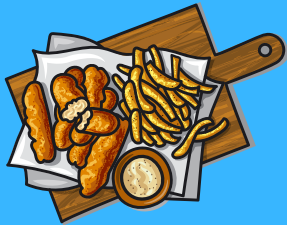
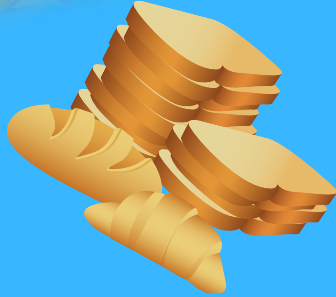
Carbs: Oven Baked chips

Veg: Garden Peas/ Baked Beans

Dessert: Yogurt

Week Two Menu

WC 1.02.22, 28.02.22, 14.3.22 , 28.3.22



M

Red: Chicken Curry

Green: Vegetable Curry

Purple: Jacket Potato with Cheese or Beans

Carbs: Rice

Veg: Sweetcorn

Dessert: Vanilla Ice Cream

T

Red/Green: Cheese and Tomato Pizza

Purple: Jacket Potato with Cheese or Beans

Carbs: Oven Baked Wedges

Veg: Green Beans

Dessert: Yogurt

W

Red: Minced Beef Pasta Bake

Green: Macaroni Cheese

Purple: Jacket Potato with Cheese or Beans

Carbs: Pasta

Veg: Green Beans

Dessert: Chocolate Delight

Th

Red: Hot Dog

Green: Quorn Hot Dog

Purple: Jacket Potato with Cheese or Beans

Carbs: Chips

Veg: Sweetcorn

Dessert: Flapjack

F

Red: Fish Fingers

Green: Quorn Golden Nuggets

Purple: Jacket Potato with Cheese or Beans

Carbs: Oven Baked chips

Veg: Garden Peas/ Baked Beans

Dessert: Strawberry Mousse