

WEEK 1

03/09/2018, 24/09/2018, 15/10/2018, 12/11/2018,
03/12/2018, 07/01/2019, 28/01/2019

MONDAY

Chicken Korma & Rice
or
Tomato & Basil Pasta Bake (v)
or
Jacket Potato with Cheese or Beans (v)
Broccoli, Golden Corn
Strawberry Mousse

TUESDAY

Cheese & Tomato Pizza (v)
or
Rainbow Vegetable Stirfry (v)
or
Jacket Potato with Cheese or Beans (v)
Super Greens
Apple Crumble with Custard

WEDNESDAY

Roast Chicken with Gravy & Roast Potatoes
or
Cheese & Onion Pinwheel with Roast Potatoes (v)
or
Jacket Potato with Cheese or Beans (v)
Broccoli, Carrots
Strawberry Jelly & Peach Slices (v)

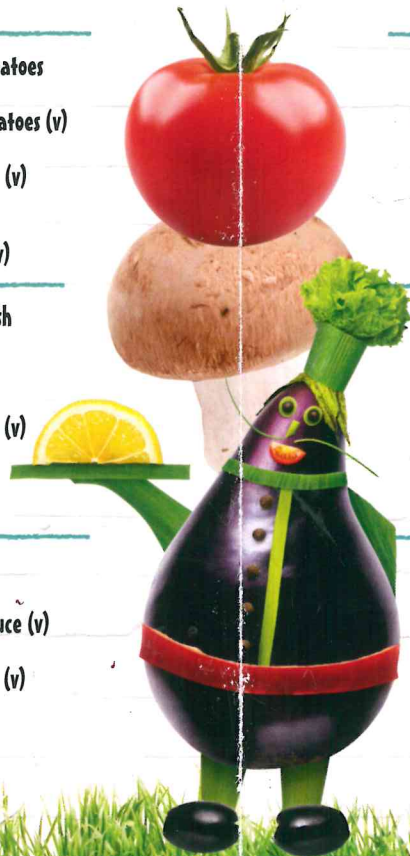
THURSDAY

Minced Beef & Onion Pie with Mash
or
Cheesy Broccoli Pasta (v)
or
Jacket Potato with Cheese or Beans (v)
Rainbow Vegetables
Sultana Sponge & Lemon Syrup

FRIDAY

Fish & Chips with Tomato Sauce
or
Veggie Burger with Chips & Tomato Sauce (v)
or
Jacket Potato with Cheese or Beans (v)
Peas, Baked Beans
Vanilla Iced Shortbread

FRESH
HEALTHY
TASTY



WEEK 2

10/09/2018, 01/10/2018, 29/10/2018, 19/11/2018,
10/12/2018, 14/01/2019, 04/02/2019

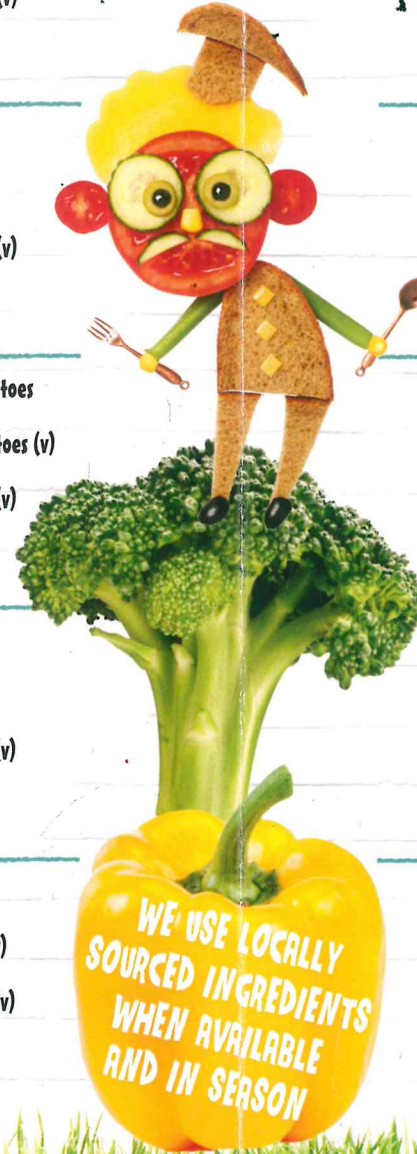
BBQ Chicken with Golden Rice
or
Mac & Cheese (v)
or
Jacket Potato with Cheese or Beans (v)
Super Greens
Arctic Roll

Ham & Pineapple Pizza
or
Stir Fry Vegetable Noodles (v)
or
Jacket Potato with Cheese or Beans (v)
BBQ Beans, Golden Corn
Peach Crumble with Custard

Roast Chicken with Gravy & Roast Potatoes
or
Veggie Sausages with Gravy & Roast Potatoes (v)
or
Jacket Potato with Cheese or Beans (v)
Broccoli, Carrots
Orange Jelly with Mandarins (v)

Cottage Pie
or
Vegetable Curry with Rice (v)
or
Jacket Potato with Cheese or Beans (v)
Rainbow Vegetables
Jam Sponge with Custard

Fish & Chips with Tomato Sauce
or
Cheese & Tomato Puffs with Chips (v)
or
Jacket Potato with Cheese or Beans (v)
Peas, Baked Beans
Flapjack



WEEK 3

17/09/2018, 08/10/2018, 05/11/2018, 26/11/2018,
17/12/2018, 21/01/2019, 11/02/2019

Spaghetti Bolognaise
or
Potato Longboats (v)
or
Jacket Potato with Cheese or Beans (v)
Rainbow Vegetables
Coconut & Sultana Rice Pudding

Pepperoni Pizza
or
Veggie Chilli with Rice (v)
or
Jacket Potato with Cheese or Beans (v)
BBQ Beans, Golden Corn
Apple & Pear Crumble with Custard

Roast Chicken with Gravy & Roast Potatoes
or
Cauliflower Cheese & Roast Potatoes (v)
or
Jacket Potato with Cheese or Beans (v)
Broccoli, Carrots
Strawberry Jelly with Pineapple Chunks (v)

Sausage & Mash
or
Vegetable Bolognaise with Pasta (v)
or
Jacket Potato with Cheese or Beans (v)
Super Greens
Chocolate Banana Cake with Custard

Fish & Chips with Tomato Sauce
or
Cheese & Onion Quiche with Chips (v)
or
Jacket Potato with Cheese or Beans (v)
Peas, Baked Beans
Vanilla Cookie with Yoghurt



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.