

# MENU CYCLE WEEK ONE

4<sup>th</sup> Jan-8<sup>th</sup> Jan  
25<sup>th</sup> Jan-29<sup>th</sup> Jan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef bolognaise	Chicken meatballs	Gammon and pineapple	Italian chicken	Battered fish
VEGETARIAN	Quorn bolognaise	Quorn balls	Quorn fillet	Quorn Italian stew	Cheese & tomato pizza
STARCHY FOOD	Pasta fusilli	Wholemeal pasta	Mash	Couscous	Chips
VEGETABLES	Peas & sweetcorn	Green beans & cauliflower	Peas & carrots	Sweetcorn & carrots	Beans & mushy peas
CARBS	Jacket potatoes served daily	Jacket potatoes served daily	Jacket potatoes served daily	Jacket potatoes served daily	Jacket potatoes served daily
DESSERTS	Banana muffin	Eve's pudding	Chocolate chip shortbread	Pineapple sponge	Daty fruit bake



**Food Allergies and Intolerance**  
If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.



# MENU CYCLE WEEK TWO

11th Jan-15th Jan  
1st Feb-5th Feb.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken burrito	Carbonara pasta	Turkey and stuffing	Beef chilli	Fish
VEGETARIAN	Quorn burrito	Mac 'n' cheese	Cheese and potato pie	Quorn chilli	Cheese and tomato pizza
STARCHY FOOD	Wedges	Garlic bread	Roast potatoes	Wholemeal rice & tortilla chips	Chips
VEGETABLES	Peas and cauliflower	Roasted seasonal vegetables	Sliced carrots & broccoli	Green beans & sweetcorn	Spaghetti hoops and mushy peas
CARBS	Jacket potatoes served daily	Jacket potatoes served daily	Jacket potatoes served daily	Jacket potatoes served daily	Jacket potatoes served daily
DESSERTS	Apricot flapjack	Gingerbread cake	Chocolate crunch	Chocolate and banana sponge	Shortbread



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# MENU CYCLE WEEK THREE

18th Jan-22nd Jan  
8th Feb-12th Feb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Big breakfast	Beef lasagne	Roast chicken	Chicken and butternut squash curry	Battered fish
VEGETARIAN	Quorn sausages	Vegetable lasagne	Roasted vegetable parcel	Quorn and butternut squash curry	Cheese and tomato pizza
STARCHY FOOD	Hash brown	Garlic bread	Roast potatoes	Wholemeal rice & naan bread	Chips
VEGETABLES	Beans	Carrots & broccoli	Sweetcorn & peas	Carrots and green beans	Beans and peas
CARBS	Jacket potatoes served daily	Jacket potatoes served daily	Jacket potatoes served daily	Jacket potatoes served daily	Jacket potatoes served daily
DESSERTS	Chocolate brownie	Mixed fruit sponge	Flapjack	Apple sponge	Chocolate mousse



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