

slices

Week Commencing Jan 6th










	Sunday	Monday	Tuesday	Wednesday	Thursday
Soup	Corn soup	Broccoli soup	Vegetables soup	Mushroom soup	Minestrone soup (G)
Non-Vegetarian	Chicken bolognese with fusilli pasta (G) & broccoli	Chicken with Moroccan style couscous (G) and capsicum sauce	Tuna pasta bake (G,D) with roasted corn on the cob & green beans	Chicken stir fry (G,S) with noodles (G,E)	Beef burger (G) with oven chips, lettuce, tomato & homemade ketchup
Vegetarian	Bean ragu with fusilli pasta (G) & broccoli	Falafel with Moroccan style couscous (G) with capsicum sauce	Vegetable pasta bake (G,D) with roasted corn on the cob & green beans	Veggie stir fry (G,S) with noodles (G,E)	Bean burger (G) with oven chips, lettuce, tomato & homemade ketchup
Salad	Tomato & Rocca salad (D)	Fattoush salad (G)	Greek salad (D)	Green salad	Caesar salad (G,D,E)
Dessert	Yogurt with stewed apple (D)	Fruit salad	Fruit crumble (G, D)	Yogurt with strawberry compote (D)	Fruit salad
Fresh Fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit
Beverage	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water

G – Gluten, D – Dairy, E – Egg, S – Soy, F – Fish

slices

Week Commencing Jan 13th

	Sunday	Monday	Tuesday	Wednesday	Thursday
 SOUP	Soup Carrot & ginger	Pumpkin soup	Peas & mint soup	Lentil soup	Leek & potato soup
 MAIN COURSE	Non-Vegetarian Chicken Lasagna (G D) with garlic bread (G) & Green peas	Oven roasted chicken shish tawock (D) with potatoes in garlic sauce (G D), steamed carrots	Chilli con carne with rice, Pico de gallo & nachos	Chicken biryani with broccoli & Raita (D)	Margarita pizza (G,D)
 VEGETARIAN	Vegetarian Vegetable Lasagna (G,D) with garlic bread (G) & green peas	Oven roasted veg shish tawock (D) with potato's in garlic sauce (G,D) steamed carrots	Bean chilli with rice, Pico de gallo & nachos	Vegetable biryani with broccoli & raita (D)	Pizza topping station
 SALAD	Salad Tomato & Rocca salad (D)	Fattoush salad (G)	Greek salad (D)	Green salad	Caesar salad (G,D,E)
 DESSERT	Dessert Yogurt with stewed apple (D)	Fruit salad	Fruit crumble (G,D)	Yogurt with strawberry compote (D)	Fruit salad
 FRUIT	Fresh Fruit Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit
 DRINK	Beverage Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water

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Week Commencing Jan 20th



	Sunday	Monday	Tuesday	Wednesday	Thursday
Soup	Tomato & basil	Broccoli soup	Vegetable soup	Mushroom soup	Minestrone soup (G)
Non-Vegetarian	Chicken Alfredo (G,D) with penne pasta (G) & roasted carrots	Chicken Kofta balls in tomato sauce with rice & roasted cauliflower	Beef cottage pie (G,D) with peas & sweetcorn	Chinese style chicken with rice & broccoli (G,S,E)	Beef burger(G) with oven chips, lettuce, tomato & homemade ketchup
Vegetarian	Mushroom Alfredo (G,D) with penne pasta (G) & roasted carrots	Veg Kofta balls in tomato sauce with rice & roasted cauliflower	Veggie cottage pie (G,D) with peas & sweetcorn	Chinese veggies with rice & broccoli (G,S,E)	Veggie burger (G) with oven chips, lettuce, tomato & homemade ketchup
Salad	Rocca & Tomato salad (D)	Fattoush (G)	Greek salad (D)	Green salad	Caesar salad (G, D, E)
Dessert	Yogurt with stewed apple (D)	Fruit salad	Fruit crumble (G,D)	Yogurt with strawberry compote (D)	Fruit salad
Fresh Fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit
Beverage	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water

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Week Commencing Jan 27th

	Sunday	Monday	Tuesday	Wednesday	Thursday
 Soup	Carrot & ginger soup	Pumpkin soup	Peas & mint soup	Lentil soup	Leek & potato soup
 Non-Vegetarian	Italian meatballs with spaghetti (G) & green beans	Chicken maktoubeh with broccoli	Lamb Irish stew with baguette bread (G)	Chicken pulao with carrots & sweetcorn & raita (D)	Margarita pizza (G,D)
 Vegetarian	Veggie balls with spaghetti (G) & green beans	Courgette maktoubeh with broccoli	Veg Irish stew with baguette bread (G)	Vegetable pulao with carrots & sweetcorn & raita (D)	Pizza topping station
 Salad	Rocca & tomato salad (D)	Fattoush (G)	Greek salad (D)	Green salad	Caesar salad (G,D,E)
 Dessert	Yogurt with stewed apple (D)	Fruit salad	Fruit crumble (G,D)	Yogurt with strawberry compote (D)	Fruit salad
 Fresh Fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit
 Beverage	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water	Milk, Laban or Water

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