



January 2022 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pizza	Beef Stew with Yorkshire Pudding	Roast Chicken with Stuffing Ball	Meatball Pasta Bake	Fish Squares
Main 2	Vegetable and Lentil Risotto in a Tomato Sauce	Quorn Stew with Yorkshire Pudding	Quorn Roast with Stuffing Ball	Vegetable, Lentil and Quorn Pasta Bake	Spanish Omelette
Main 3	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Baked Beans
Accompaniment 1	Cucumber Sticks	Homemade Roast Potatoes	New Potatoes	Homemade Garlic Bread	Chipped Potatoes Oven Baked
Accompaniment 2	Peas Sweetcorn	Cauliflower Broccoli	Carrots Green Beans	Broccoli Sweetcorn	Peas Baked Beans
Dessert 1	Yoghurt	Apple and Sultana Flapjack	Vanilla Ice Cream	Raspberry and Coconut Sponge	Chocolate Fudge Cake
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit or Yoghurt	Fresh Fruit



January 2022 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Curry	Minced Beef Lasagne	Roast Pork with Stuffing Ball	Chicken Nuggets	Salmon and Cod Fishcake
Main 2	Sweet Potato, Vegetable and Lentil Curry	Macaroni Cheese	Quorn Roast with Stuffing Ball	Baked Bean Flan	Quorn Mince Chilli Con Carne
Main 3	Jacket Potato with Cheese	Jacket Potato with Chicken Mayonnaise	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Baked Beans
Accompaniment 1	Homemade Naam Bread	Homemade Garlic Bread	New Potatoes	Homemade Potato Wedges	Sweet Potato Sticks (cooked)
Accompaniment 2	Rice Green Beans	Cabbage Sweetcorn	Carrots Broccoli	Cucumber Sticks Sweetcorn Tomato Sauce Sachet (Nuggets Only)	Peas Carrot Sticks
Dessert 1	Yoghurts	Raspberry and Coco Sponge Cake	Artic Roll	Lemon Drizzle Sponge Cake	Chocolate Orange Sponge Cake
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit or Yoghurt	Fresh Fruit



January 2022 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Pulled Chicken and Black Bean Chilli	Cheese and Ham Pasta Bake	Roast Gammon with Yorkshire Pudding	Hot Dog (Lincolnshire Sausage)	Cod Goujons
Main 2	5 Bean Chilli and Lentils	Vegetable Pasta Bake	Quorn Roast with Yorkshire Pudding	Quorn Dog	Cheese Pinwheel
Main 3	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Baked Beans
Accompaniment 1	Rice	Homemade Garlic Bread	Homemade Roast Potatoes	Carrot Sticks	Chipped Potatoes Oven Baked
Accompaniment 2	Broccoli Sweetcorn	Cabbage Cauliflower	Carrots Green Beans	Cucumber Sticks Sweetcorn Tomato Sauce Sachet	Peas Baked Beans
Dessert 1	Yoghurt	Lemon and Lime Sponge Cake	Ice Cream Pot	Raspberry and Orange Sponge Cake	Ginger Iced Sponge Cake
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit or Yoghurt	Fresh Fruit