

Weekly Meal Planner January

	08/01/2018	15/01/2018	22/01/2018	29/01/2018
Monday	Steak Burger	Savoury Mince	Steak Burger	Chicken Curry & Rice
				Chicken Lasagne
	Chicken Panini	Roast Chicken & Stuffing	Savoury Mince	
	Broccoli chips/pasta	Carrot & Parsnip Mashed Potato/Gravy	Mashed Potato/Gravy Carrots/ Peas	Mashed Potato/Gravy Cauliflower & Broccoli
	Gravy			
	Shortbread	Icecream Tub	Shortbread	Shortbread
Tuesday	Savoury Mince	Chicken Goujons HM/OC	Roast Chicken & Stuffing	Spaghetti Bolognese
	Oven Baked Sausages		Fish Fingers	
	Herb Diced Potato/ Mashed Potato	Macaroni Cheese	Herb Diced Potato/ Mashed Potato	Pizza
	Baked Bean	Gravy		Oven Dry Roast Potato
	Sweetcorn	Carrots	Peas & Sweetcorn	Carrots/ Peas
		Chips/ Mashed Potato		
	Jelly	Jelly	Icecream Tub	Frozen yoghurt
Wednesday	Roast Turkey & Stuffing	Stuffed Bacon Rolls		Fish Fingers
		Salmon	Chicken Fricasse	
		Fish Fingers		
		Baked Beans	Stuffed Bacon Rolls	Savoury Mince
	Carrots/ Peas	Carrots	Baked Beans	Mash Potato
	Mashed Potato/Gravy	Mashed Potato/Gravy	Carrots	Carrots
			Mashed Potato/Gravy	
	Icecream Tub	Shortbread	Jelly	Flakemeal Biscuits
Thursday	Chicken Curry & Rice		Lasagne	
	Chicken & Pasta Bake	Chicken Panini		Roast Chicken & Stuffing
	Peas/ carrots		Chicken Goujons HM/OC	
	Mashed Potato/Gravy	Steak Burger	Carrots/ Peas	Chicken in white sauce
	Salad Bar	Carrots/ Peas	Mashed Potato/Gravy	Turnip/ peas
		Mashed Potato/Gravy		Mashed Potato/Gravy
	Bun	Chocolate Cookie	Cookies	Bun
Friday	Stuffed Bacon Rolls			
		Home Made soup	Pizza	Chicken & Pasta Bake
	Lasagne		Oven Baked Sausages	Chicken Nuggets
	Mashed Potato	Hot Dog	Chips/ Mashed Potato	Chips/ Mashed Potato
	Cauliflower Cheese		Peas & Sweetcorn	Baked Beans
	Gravy	Chicken roll	Gravy	
				Peas & Sweetcorn
	Flakemeal Biscuits	Flakemeal Biscuits	Frozen Mousse	Jelly