

Weekly Meal Planner January

	06/01/2020	13/01/2020	20/01/2020	27/01/2020
Monday	Chicken Nuggets	Savoury Mince	Steak Burger	Chicken Curry & Rice
				Chicken Lasagne
	Chicken Panini	Roast Chicken & Stuffing	Pasta Bolognaise	
	Broccoli chips/pasta Gravy	Carrot & Parsnip Mashed Potato/Gravy	Mashed Potato/Gravy Carrots/ Peas	Mashed Potato/Gravy Cauliflower & Broccoli
	Shortbread	Icecream Tub	Shortbread	Shortbread
Tuesday	Savoury Mince	Chicken Goujons HM/OC	Roast Turkey /stuffing	Spaghetti Bolognaise
	Pizza		Fish Fingers	
	Herb Diced Potato/ Mashed Potato	Macaroni Cheese	Herb Diced Potato/ Mashed Potato	Pizza
	Baked Bean	Gravy		Oven Dry Roast Potato
	Peas/ carrots	Carrots	Peas & Sweetcorn	Carrots/ Peas
		Chips/ Mashed Potato		
	Jelly	Jelly	Icecream Tub	Frozen yoghurt
Wednesday		grilled Bacon		Fish in breadcrumbs
	Chicken Curry/Rice	Salmon	Chicken in white sauce	
	chicken and pasta bake	Fish Fingers		
	carrots	Baked Beans	Stuffed Bacon Rolls	
	Mashed Potatoes /gravy	Carrots	Baked Beans	Mash Potato
	salad bar	Mashed Potato/Gravy	Carrots	Carrots
		Mashed Potato/Gravy	White Sauce	
	Icecream Tub	Shortbread	Jelly	Flakemeal Biscuits
Thursday			Lasagne	
	Roast meat/stuffing	Chicken Panini		Roast Chicken & Stuffing
	Irish stew		Chicken Goujons HM/OC	
	broccoli	Steak Burger	Carrots/ Peas	Chicken in white sauce
	Mashed Potatoes/Gravy	Carrots/ Peas	Mashed Potato/Gravy	Turnip/ peas
		Mashed Potato/Gravy		Mashed Potato/Gravy
	Bun	Chocolate Cookie	Cookies	Bun
Friday	grilled bacon			
		Home Made soup	Pizza	Chicken & Pasta Bake
	Lasagne		Oven Baked Sausages	Chicken Nuggets
	Mashed Potato/Gravy	Hot Dog	Chips/ Mashed Potato	Chips/ Mashed Potato
	Stuffing		Peas & Sweetcorn	Baked Beans
	Peas/ carrots	Chicken Panini	Gravy	
			Peas & Sweetcorn	
	Flakemeal Biscuits	Flakemeal Biscuits	Frozen Mousse	Jelly