

Weekly Meal Planner January

	07/01/2019	14/01/2019	21/01/2019	28/01/2019
Monday	Steak Burger	Shepards Pie	Steak Burger	Chicken Curry & Rice
				Chicken Lasagne
	Chicken Panini	Roast Chicken & Stuffing	Pasta Bolognaise	
	Broccoli	Carrot & Parsnip	Mashed Potato/Gravy	Mashed Potato/Gravy
	chips/pasta	Mashed Potato/Gravy	Carrots/ Peas	Cauliflower & Broccoli
	Gravy			
	Shortbread	Icecream Tub	Shortbread	Shortbread
Tuesday	Savoury Mince	Chicken Goujons HM/OC	Roast Chicken & Stuffing	Spaghetti Bolognaise
	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
	Peas/ carrots	Carrots	Peas & Sweetcorn	Carrots/ Peas
		Chips/ Mashed Potato		
	Jelly	Jelly	Icecream Tub	Frozen yoghurt
Wednesday		Stuffed Bacon Rolls		Fish in breadcrumbs
		Salmon	Chicken in white sauce	
	Roast meat /stuffing	Fish Fingers		
	Irish Stew	Baked Beans	Stuffed Bacon Rolls	Chilli beef /rice
	Carrots/ Peas	Carrots	Baked Beans	Mash Potato
	Mashed Potato/Gravy	Mashed Potato/Gravy	Carrots	Carrots
			Mashed Potato/Gravy	White Sauce
	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	
	Flakemeal Biscuits	Flakemeal Biscuits	Frozen Mousse	Peas & Sweetcorn
				Jelly