

Week 1 – 7<sup>th</sup> Jan, 21<sup>st</sup> Jan, 4<sup>th</sup> Feb, 25<sup>th</sup> Feb, 11<sup>th</sup> Mar, 25<sup>th</sup> Mar, 8<sup>th</sup> Apr

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b><u>Main Meal</u></b>	<b><u>Main Meal</u></b>	<b><u>Main Meal</u></b>	<b><u>Main Meal</u></b>	<b><u>Main Meal</u></b>
Baked Chicken Goujon & Tomato Salsa Relish or Creamy Macaroni Cheese (v)	Italian Meatballs with Tomato Sauce or Quorn Balls with tomato sauce (v)	Award Winning Local Sausages & Tasty Gravy or Quorn Sausage & Vegetarian Gravy (v)	Shropshire Beef Bolognaise with pasta Or Quorn Bolognaise with pasta (v)  Or	Meat Pizza or Crispy Margarita Pizza (v)
Served with Salad Fresh Bread/Herby Potatoes Green Beans/ Carrots	Served with Salad Roasted Medley of Vegetables/ Peas, sweetcorn Pasta	Served with Salad Creamy Mashed Potatoes Seasonal Vegetables	Fish Fingers (cod or salmon)  Served with Salad Herby Diced Potatoes Garden Peas	Served with Salad Chips Mushy Peas /Baked Beans
A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings	A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings	A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings	A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings	A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings
<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>
Crunchy Cookie Yoghurt/Fresh Fruit	Peach Slice & Custard Yoghurt/Fresh Fruit	'Fruity Wednesday' Fruit Platter Yoghurt	Mandarin Jelly Oaty Sultana Cookie Fresh Fruit	Chocolate Muffin Fresh Fruit

Week 2 – 14<sup>th</sup> Jan, 28<sup>th</sup> Jan, 11<sup>th</sup> Feb, 4<sup>th</sup> Mar, 18<sup>th</sup> Mar, 1<sup>st</sup> Apr

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b><u>Main Meal</u></b>	<b><u>Main Meal</u></b>	<b><u>Main Meal</u></b>	<b><u>Main Meal</u></b>	<b><u>Main Meal</u></b>
Fish (in batter or breadcrumbs) Or Salmon Fish Fingers Or Creamy Macaroni Cheese (v)	Chicken Bakes or Quorn Chilli (v)	Traditional Roast Beef & Yorkshire Pudding with Tasty Gravy or Quorn Fillet & Vegetarian Gravy (v)	Chicken Curry with Rice or Crispy Margarita Pizza (v)	Sausages or Quorn Sausages (v)
Served with	Served with	Served with	Served with	Served with
Potato Wedges Baked Beans/ Mixed Vegetables	Mashed Potato Savoury Rice Garden Peas/Broccoli	Roast Potatoes Seasonal Cabbage/Carrots	Garden Peas Savoury Cous Cous Cauliflower	Chips Mushy Peas /Baked Beans / Sweetcorn
A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings	A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings	A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings	A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings	A Variety of Freshly Prepared Baguettes & Wraps with Tasty Fillings
<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>	<b><u>Pudding</u></b>
Jam & Coconut Sponge with Custard Yoghurt/Fresh Fruit	Assorted Flapjack Fruit Berry Mousse Fresh Fruit	‘Fruity Wednesday’ Fruit Kebab Yoghurt/Fresh Fruit	Apple Sponge & Custard Yoghurt/Fresh Fruit Fresh Fruit	Freshly Baked Cookies Ice Cream/Fresh Fruit