

WIC

Monday

Tuesday

Wednesday

Thursday

Friday

Week One
20/02/12
19/03/12
16/04/12
14/05/12
11/06/12
09/07/12
03/09/12
01/10/12

Hawaiian or Cheese & Tomato Pizza with Jacket VWedges

Quorn Bolognaise with Pasta (v)

Garden Peas & Fresh Carrots
Jacket Potato with Baked Beans & Salad
Ham & Tomato Sandwich / Baguette
Fruity Yoghurt Crunch

Enchiladas with Cous Cous
Cheese & Pepper Tart with new Potatoes (v)

Fresh Broccoli Florets & Sweetcorn
Jacket Potato with Tuna Matonnaise
Cheese & Spring Onion Sandwich / Baguette
Toffee Apple Crumble with Custard

Roast Chicken with Roast Potatoes & Gravy
County Vegetable Pie with Roast or Parsley Potatoes (v)
Fresh Carrots & Seasonal Fresh Cabbage
Jacket Potato with Baked Beans & Cheese
Roast Meat of the Day Sandwich / Baguette
Fruit in Jelly
Chilled Milk Drink

Italian Beef Lasagne
Falafel with Warm Pitta Bread (v)

Garden Peas & Healthy Salad for Falafel
Jacket Potato with Tuna & Sweetcorn
Egg & Tomato Sandwich / Baguette
Fruit Shortbread

Salmon Fish Fingers with Chipped Potatoes
Leek & Cheese Sausages with Chipped Potatoes or Tomato & Herb Bread Wedge (v)
Baked Beans & Green Beans
Jacket Potato with Cheesy Coleslaw
Tuna & Cucumber Sandwich / Baguette
Chocolate & Banana Muffin

Week Two
27/02/12
26/03/12
23/04/12
21/05/12
18/06/12
16/07/12
10/09/12
08/10/12

Italian Beef Bolognaise with Pasta
Potato & Chickpea Dhansak with Pilau Rice (v)

Fresh Carrots & Garden Peas
Jacket Potato with Tuna & Salad
Cheese & Tomato Sandwich / Baguette
Carrot Cake with Custard

Paprika Chicken with Savoury Rice
Frittata with New Potatoes (v)

Fresh Broccoli Florets & Sweetcorn
Jacket Potato with BBQ Baked Beans
Egg Mayonnaise Sandwich / Baguette
Golden Syrup & Apple Pudding with Custard

Roast Turkey with Crispy Roast or Mashed Potatoes & Gravy
Quorn Roast with Crispy Roast or Mashed Potatoes & Gravy (v)
Seasonal Fresh Cabbage & Fresh Swede
Jacket Potato with Cheesy Coleslaw
Roast Meat of the Day Sandwich / Baguette
Banana Split

Beef & Mushroom Pie with Suet Crust & Creamed Potatoes
Sweet Potato & Squash Stew (v)

Fresh Carrots & Green Beans
Jacket Potato with Beaked Beans
Ham Salad Sandwich / Baguette
Fruit Papijack
Chilled Milk Drink

Cod Fish Fingers with Chipped Potatoes
Pasta Neapolitan with Garlic & Herb Bread (v)

Baked Beans & Garden Peas
Jacket Potato with Tuna
Tuna & Sweetcorn Sandwich / Baguette
Chocolate & Apricot Brownie

Week Three
05/03/12
30/04/12
28/05/12
25/06/12
17/09/12
15/10/12

Cottage Pie
Ratatouille & Bean Wrap with Cous Cous (v)

Fresh Carrots & Sweetcorn
Jacket Potato with Baked Beans
Tuna & Cucumber Sandwich / Baguette
Lime, Berry & Banana Upside Down Cake with Custard

Valencian Salmon & Vegetable Paella
Cheese & Tomato Pizza with Jacket Potato (v)

Roasted Vegetables & Garden Peas
Jacket Potato with Tuna & Sweetcorn
Ham Tomato Sandwich / Baguette
Fruit Crumble with Custard

Roast Pork with Crispy Roast Potatoes & Gravy
Cheesy Hotpot (v)

Fresh Seasonal Cabbage & Fresh Carrots
Jacket Potato with Cheesy Coleslaw
Roast Meat of the Day Sandwich / Baguette
Giant Crunchy Cookie with Fresh Fruit Slices
Chilled Milk Drink

Chicken Saag with Basmati Rice
Penne Pasta Vegetable Bake (v)

Garden Peas & Fresh Cauliflower Florets
Jacket Potato with BBQ Baked Beans
Chicken Sausage & Tomato Sandwich / Baguette
Chocolate Fruit Crispie

Beef Burger in a Bun with Relish & Chipped Potatoes
Mediterranean Tart with New Potatoes (v)

Baked Beans & Fresh Broccoli Florets
Jacket Potato with Tuna
Cheese & Pickle Sandwich / Baguette
Chocolate & Beetroot Sponge

Week Four
12/03/12
07/05/12
02/07/12
24/09/12
22/10/12

Sausages with Mashed Potato & Gravy
Cheese & Tomato Sub with Oven Baked Jacket VWedges or Potato Salad (v)

Fresh Carrots & Garden Peas
Jacket Potato with Tuna & Salad
Sausage & Tomato Sandwich / Baguette
Yoghurt & Fruit Dippers

Minced Beef with Dumplings
Macaroni Cheese (v)

Sweetcorn & Fresh Broccoli Florets
Jacket Potato with Baked Beans
Egg Mayonnaise Sandwich / Baguette
Hot Chocolate Orange Fudge Cake with Chocolate Sauce

Roast Beef with Crispy Roast or Mashed Potatoes & Gravy
Quorn Roast with Crispy Roast or Mashed Potatoes & Gravy (v)
Fresh Carrots & Seasonal Fresh Cabbage
Jacket Potato with Tuna & Sweetcorn
Roast Meat of the Day Sandwich / Baguette
Apple Papijack with Vanilla Sauce

Spaghetti Carbonara
Sweet & Sour Quorn (v)

Roasted Vegetables & Garden Peas
Jacket Potato with Cheese & Beans
Ham Salad Sandwich / Baguette
Swiss Bun
Chilled Milk Drink

Crispy Battered Fish with Chipped Potatoes
Vegetable Balti with Naan Bread (v)

Baked Beans & Courgettes
Jacket Potato with Cheesy Coleslaw
Tuna & Sweetcorn Sandwich / Baguette
Ice Cream with Fruit



The following will be available daily - Fresh Bread, Salad, Fresh Fruit & Cold Water
(v) Vegetarian Option