

Weekly Meal Planner

	Week Commencing 08.01.18	Week Commencing 15.01.18	Week Commencing 22.01.18	Week Commencing 29.01.18
Monday	OFF	Braised Steak	Chicken Crumble	Chicken Curry & Rice
		Chicken Curry & Rice	Steak Burger	Stuffed Bacon Rolls
		Mashed Potato	Mashed Potato/Gravy	Mashed Potato/Gravy
		Cauliflower & Broccoli	Peas & Sweetcorn	Peas & Sweetcorn
		Gravy	Pasta	
		Muffin	Muffin	Muffin
Tuesday	Veg soup	Pizza	Pizza	Steak Burger
	Tomato Soup		Fish Fingers	
	Hot Dog	Chicken Chilli Wrap	Chips/ Mashed Potato	Chicken Chilli Wrap
		Peas/ carrots	Carrots	Mashed Potato/Gravy
		Gravy	Broccoli	Carrots
	Flakemeal Biscuits	Chips/ Mashed Potato	Gravy	Cauliflower
	Flakemeal Biscuits	Flakemeal Biscuits	Flakemeal Biscuits	Shortbread
Wednesday	Chicken Curry & Rice	Spaghetti Bolognaise		Tuna Roll
	Fish Fingers	Salmon Fishcake	Chicken Curry & Rice	Fish Fingers
	Salmon Fishcake	Fish Fingers		
	Mash Potato	Carrots	Grilled Bacon	Spaghetti Bolognaise
	Carrots/ Peas	Broccoli	Mashed Potato/Gravy	Mashed Potato/Gravy
	Gravy	Mashed Potato	Cauliflower	Carrots & Broccoli
	Jelly	Gravy	Carrots	
	Shortbread	Shortbread	Shortbread	Jelly
Thursday	Roast Turkey & Stuffing		Baked Gammon	
	Chicken Crumble	Sweet & Sour Chicken & Rice		Roast Turkey & Stuffing
	Mashed Potato		Roast Chicken & Stuffing	
	Oven Dry Roast Potato	Steak Burger	Oven Dry Roast Potato	Chicken Crumble
	Carrots	Mashed Potato/Gravy	Mashed Potato/Gravy	Mashed Potato/Gravy
	Broccoli	Pasta	Cabbage & Carrots	Peas & carrots
	Gravy	Carrots/ Peas	Pasta	Pasta
	Cookie	Cookie	Cookie	Cookie
Friday	Steak Burger			
	Lasagne	Pizza	Veg Soup	Chicken Roll
	Chips	Oven Baked Sausages	Tomato Soup	Chicken Nuggets
	Mashed Potato	Chips/ Mashed Potato		Chips/ Mashed Potato
	Carrots	carrots	Hot Dog	Baked Beans
	Baked Beans	Baked Beans		Carrots
	Gravy	Gravy	Mixed Salad	Mixed Salad
Icecream Tub	Icecream Tub	Icecream Tub	Flakemeal Biscuits	