

Week begin	Monday	Tuesday	Wednesday	Thursday	Friday
3-1-22			Sausages Or omelette Served with Chips or Mashed Potatoes, Vegetables  Homemade creamy rice pudding and fruit	Chicken fried rice or Oven baked healthy fish fingers Served with Mashed Potatoes, Vegetables  cookie	Chicken curry rice  or Pizza Chips and Vegetables  Ice cream/frozen yogurt
10-1-22	Sausage Or Salmon fishcakes Served with Chips or Mashed Potatoes, Vegetables  Homemade creamy rice pudding and fruit	Chicken and pasta bake Or Oven baked healthy fish fingers Served with Mashed Potatoes, Vegetables  Ginger fruit cookie	Roast lunch Or lasagne Served with Mashed Potatoes, Vegetables  Chocolate muffin cake and custard	Panini and homemade soup Or Chicken bites  Served with Mashed Potatoes, Vegetables cookie	Chicken Curry Rice and Naan Or Pizza Chips/ and Vegetables  Ice cream/frozen yogurt
17-1-22	sausages Or Omelette Served with Chips or Mashed Potatoes, Vegetables  Homemade creamy rice pudding and fruit	chicken fried rice or Oven baked healthy fish fingers Served with Mashed Potatoes, Vegetables  Frozen yogurt	Roast lunch Or Macaroni cheese Served with Mashed Potatoes, Vegetables  Apple sponge cake and custard	Spaghetti bolognaise Or burger served with Mashed Potatoes, Vegetables  cookie	Chicken Curry Rice and Naan or Pizza Chips/ and Vegetables  Ice cream
24-1-22	Sausage Or Chilli chicken pasta Served with Chips or Mashed Potatoes, Vegetables  Homemade creamy rice pudding and fruit	Irish stew Or Oven baked healthy fish fingers served with Mashed Potatoes, Vegetables  Ginger and fruit cookie	Roast lunch Or Chilli beef pasta Served with Mashed Potatoes, Vegetables  Chocolate muffin cake and custard	Panini and homemade soup Chicken bites  Served with Mashed Potatoes, Vegetables  cookie	Chicken Curry Rice and Naan or Pizza Chips/ and Vegetables  Ice cream/frozen yogurt

Served with fresh drinking water, fruit, bread, milk