






<b>Week 1</b> <b>07.01.2019-</b> <b>11.01.2019</b>	<b>Main (M)</b>	<b>Vegetarian (V)</b>	<b>Jacket Potato (J)</b>	<b>Sandwich/Wrap (S)</b>	<b>Pasta (P)</b> 	<b>Dessert</b> (For information only)
<b>Monday</b> Meat-Free Mondays	Quorn Burger in a Bun Wedges Baked Beans Or Mixed Salad	Roasted Vegetable Pasta Bake Baked Beans Or Mixed Salad	Cheese Beans Ham	Cheese Sandwich Mixed Salad	Pomodoro	Dessert of the day or Fresh Fruit or Yogurt
<b>Tuesday</b>	Italian Lasagne Garlic Bread Mixed Salad	Italian Baked Gnocchi Garlic Bread Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salad	Chicken Italiano	
<b>Wednesday</b>	Chicken Stir Fry & Noodles with Sesame Soy Dressing Seasonal Vegetables	Vegetable & Noodle Chow Mein with Sesame Soy Dressing Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Italian Meatballs	
<b>Thursday</b>	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Basilico	
<b>Friday</b> 	Oven Baked White Fish Goujons Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato French Bread Pizza Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Bolognese	





Love To Learn, The Malcolm Sargent Way





<b>WEEK 2</b> <b>14.01.2019-</b> <b>18.01.2019</b>	<b>Main (M)</b>	<b>Vegetarian (V)</b>	<b>Jacket Potato (J)</b>	<b>Sandwich/Wrap (S)</b>	<b>Pasta (P)</b> 	<b>Dessert</b> (For information only)
<b>Monday</b> Meat-Free Mondays	Macaroni Cheese Garlic Bread Seasonal Vegetables or Mixed Salad	Baked Tortilla Vegetable Lasagne Garlic Bread Seasonal Vegetables or Mixed Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Pomodoro	Dessert of the day or Fresh Fruit or Yogurt
<b>Tuesday</b>	Southern Baked Chicken Fillet with BBQ Sauce Spicy Oven Wedges Baked Beans	Southern Baked Halloumi Burger with BBQ Sauce in a Bun Spicy Oven Wedges Baked Beans	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	
<b>Wednesday</b>	Mild Indian Chicken Curry White & Brown Rice Mixed Salads	Mild Sweet Potato & Chickpea Curry White & Brown Rice Mixed Salads	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
<b>Thursday</b>	Sausage Mashed Potato Gravy Seasonal Vegetables	Glamorgan Sausage Mashed Potato Gravy Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Bolognese	
<b>Friday</b> 	Oven Baked White Breaded Fish Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato Pizza Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Pomodoro	

<b>WEEK 3</b> <b>21.01.2019-</b> <b>25.01.2019</b>	<b>Main (M)</b>	<b>Vegetarian (V)</b>	<b>Jacket Potato (J)</b>	<b>Sandwich/Wrap (S)</b>	<b>Pasta (P)</b> 	<b>Dessert</b> (For information only)
<b>Monday</b> Meat-Free Mondays	Cheese & Baked Bean Puff New Potatoes Seasonal Vegetables Or Mixed Salad	Spinach, Pea & Red Pepper Frittata New Potatoes Seasonal Vegetables Or Mixed Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Italian meatballs	Dessert of the day or Fresh Fruit or Yogurt
<b>Tuesday</b>	Mexican Lightly Spiced Chilli Con Carne White & Brown Rice Mixed Salads	Vegetable & Bean Fajita White & Brown Rice Mixed Salads	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Pomodoro	
<b>Wednesday</b>	Roast Pork Apple Sauce Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Bolognese	
<b>Thursday</b>	Moroccan Shredded Chicken Pitta Rice Mixed Salads	Moroccan Cauliflower & Chickpea Tagine Rice Mixed Salads	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Pomodoro	
<b>Friday</b>	Sausage Roll Tomato Sauce Oven Baked Chips Baked Beans or Peas	BBQ Sweetcorn & Pepper Pizza Tomato Sauce Oven Baked Chips Baked Beans Or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Sweet Chilli Chicken	

<b>WEEK 4</b> <b>28.01.2019-</b> <b>01.02.2019</b>	<b>Main (M)</b>	<b>Vegetarian (V)</b>	<b>Jacket Potato (J)</b>	<b>Sandwich/Wrap (S)</b>	<b>Pasta (P)</b> 	<b>Dessert</b> (For information only)
<b>Monday</b> Meat-Free Mondays	Vegetable Risotto Mixed Salad	Cheese & Broccoli Flan New Potatoes Seasonal Vegetables and/or Mixed Salad	Beans Cheese Ham	Cheese Sandwich	Basilico	Dessert of the day or Fresh Fruit or Yogurt
<b>Tuesday</b>	BBQ Chicken Fillet White & Brown Rice Seasonal Vegetables or Mixed Salad	Mac and Cheese Seasonal Vegetables Or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Bolognese	
<b>Wednesday</b>	Roast Gammon Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Pomodoro	
<b>Thursday</b>	American Hot Dog Tomato Ketchup and Caramelised Onions Mixed Salads	Quorn Hot Dog Tomato Ketchup Caramelised Onions Mixed Salads	Beans Cheese Tuna	Tuna Sandwich	Italian Meatballs	
<b>Friday</b> 	Salmon Fish Fingers Oven Baked Chips Baked Beans or Peas	Cheese & Tomato Pizza Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Basilico	

<b>WEEK 5</b> <b>04.02.2019-</b> <b>08.02.2019</b>	<b>Main (M)</b>	<b>Vegetarian (V)</b>	<b>Jacket Potato (J)</b>	<b>Sandwich/Wrap (S)</b>	<b>Pasta (P)</b> 	<b>Dessert</b> (For information only)
<b>Monday</b> Meat-Free Mondays	Quorn Burger in a Bun Wedges Baked Beans Or Mixed Salad	Roasted Vegetable Pasta Bake Baked Beans Or Mixed Salad	Cheese Beans Ham	Cheese Sandwich Mixed Salad	Pomodoro	Dessert of the day or Fresh Fruit or Yogurt
<b>Tuesday</b>	Italian Lasagne Garlic Bread Seasonal Vegetables or Mixed Salad	Italian Baked Gnocchi Garlic Bread Seasonal Vegetables or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Chicken Italiano	
<b>Wednesday</b>	Chicken Stir Fry & Noodles with Sesame Soy Dressing Seasonal Vegetables or Mixed Salad	Vegetable & Noodle Chow Mein with Sesame Soy Dressing Seasonal Vegetables or Mixed Salad	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
<b>Thursday</b>	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Italian Meatballs	
<b>Friday</b> 	Oven Baked White Fish Goujons Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato French Bread Pizza Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Pomodoro	

<b>WEEK 6</b> <b>11.02.2019-</b> <b>15.02.2019</b>	<b>Main (M)</b>	<b>Vegetarian (V)</b>	<b>Jacket Potato (J)</b>	<b>Sandwich/Wrap (S)</b>	<b>Pasta (P)</b> 	<b>Dessert</b> (For information only)
<b>Monday</b> Meat-Free Mondays	Macaroni Cheese Garlic Bread Seasonal Vegetables or Mixed Salad	Baked Tortilla Vegetable Lasagne Garlic Bread Seasonal Vegetables or Mixed Salad or Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Pomodoro	
<b>Tuesday</b>	Southern Baked Chicken Fillet with BBQ Sauce Spicy Oven Wedges Baked Beans	Southern Baked Halloumi Burger with BBQ Sauce in a Bun Spicy Oven Wedges Baked Beans	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	Dessert of the day or Fresh Fruit or Yogurt
<b>Wednesday</b>	Sausage Mashed Potato Gravy Seasonal Vegetables	Glamorgan Sausage Mashed Potato Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
<b>Thursday</b>	Mild Indian Chicken Curry Boiled White & Brown Rice Mixed Salads	Mild Sweet Potato & Chickpea Curry Boiled White & Brown Rice Mixed Salads	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Bolognese	
<b>Friday</b> 	Oven Baked White Breaded Fish Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato Pizza Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich	Pomodoro	