





Love To Learn, The Malcolm Sargent Way





<b>Week 1</b> <b>25.02.2019-</b> <b>01.03.2019</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>	Lasagne With Garlic Bread Seasonal Vegetables Or Mixed Salad	Cheese and Tomato Pizza New Potatoes Seasonal Vegetables Or Mixed Salad	Cheese Beans Ham	Cheese Sandwich Mixed Salad	Pomodoro	Dessert of the day or Fresh Fruit or Yogurt
<b>Tuesday</b>	Bean & Vegetable Fajita with Baked Sweet Potato Wedges and Mixed Salad	Quorn Sausage Pattie Burger with Baked Sweet Potato Wedges and Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salad	Chicken Italiano	
<b>Wednesday</b>	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roasted Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Italian Meatballs	
<b>Thursday</b>	Jerk Chicken Fillet Boiled Rice Seasonal Vegetables	Jerk Mixed Beans and Rice Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Basilico	
<b>Friday</b> 	Oven Baked Fish Fingers Oven Chips Baked Beans or Peas	Cheese and Tomato Omelette Oven Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Bolognese	



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WEEK 2 04.02.2019- 08.02.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
<b>Monday</b>	Oven Baked Sausage Mashed Potato Gravy Seasonal Vegetables	Quorn Sausage Mashed Potato Gravy Seasonal Vegetables	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 BBQ Baked Beans or Mixed Salad	Southern Baked Halloumi Burger, Bun & Salad with BBQ Sauce Spicy Oven Wedges BBQ Baked Beans Or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	
<b>Wednesday</b>	Cheesy Baked Potato Gnocchi Seasonal Vegetables Or Mixed Salad	Lentil Sausage Roll Sweet Potato Mash Seasonal Vegetables Or Mixed Salad	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
<b>Thursday</b>	Coconut Chicken Curry Boiled Rice Mixed Salad	Mild Sweet Potato & Chickpea Curry Boiled Rice Mixed Salad	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Bolognese	
<b>Friday</b> 	Salmon Fish Fingers Oven Baked Chips Baked Beans Or Peas	Cheese and Tomato Pizza Oven Baked Chips Baked Beans Or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Pomodoro	



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WEEK 3 11.03.2019- 15.03.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
<b>Monday</b>	Paella (Chicken, Rice and Vegetables)	Spanish Omelette New Potatoes Roasted Vegetables	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Italian meatballs	Dessert of the day or Fresh Fruit or Yogurt
<b>Tuesday</b>	Tortilla Baked Vegetable Lasagne Seasonal Vegetables Or Mixed Salad	Halloumi and Vegetable Kebab with Rice Seasonal Vegetables Or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Pomodoro	
<b>Wednesday</b>	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Bolognese	
<b>Thursday</b>	Sticky Honey Glazed Chicken Rice Seasonal Vegetables	Honey Glazed Quorn Sausages Rice Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Pomodoro	
<b>Friday</b> 	Fish Fingers Oven Baked Chips Baked Beans Or Peas	Cheese and Tomato Flan Oven Chips Baked Beans Or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Italian Meatballs	



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<b>WEEK 4</b> <b>18.03.2019-</b> <b>22.03.2019</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>	Marmalade Baked Chicken Fillet New Potatoes Ratatouille Or Mixed Salad	Chickpea, Corn and Carrot Burger, Bun New Potatoes Ratatouille Or Mixed Salad	Beans Cheese Ham	Cheese Sandwich	Basilico	Dessert of the day or Fresh Fruit or Yogurt
<b>Tuesday</b>	Freshly Made Beef Burger in a Bun Wedges BBQ Baked Beans Or Mixed Salad	Mac n' Cheese 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>	Piri Piri Chicken Fillet Braised Rice Mixed Salad	Beans On Toast	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	



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WEEK 5 25.03.2019- 29.03.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
<b>Monday</b>	Lasagne With Garlic Bread Seasonal Vegetables Or Mixed Salad	Cheese and Tomato Pizza New Potatoes Seasonal Vegetables Or Mixed Salad	Cheese Beans Ham	Cheese Sandwich Mixed Salad	Pomodoro	Dessert of the day or Fresh Fruit or Yogurt
<b>Tuesday</b>	Bean & Vegetable Fajita Baked Sweet Potato Wedges Mixed Salad	Quorn Sausage Pattie Burger, Bun Sweet Potato Wedges Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Chicken Italiano	
<b>Wednesday</b>	Roast Chicken Sage & onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
<b>Thursday</b>	Jerk Chicken Fillet Boiled Rice Seasonal Vegetables	Jerk Mixed Beans and Rice Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Italian Meatballs	
<b>Friday</b> 	Oven Baked Fish Fingers Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato Omelette Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Pomodoro	



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WEEK 6 01.04.2019- 05.04.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
<b>Monday</b>	Oven Baked Sausage Mashed Potato Gravy Seasonal Vegetables	Quorn Sausage Mashed Potato Gravy Seasonal Vegetables	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 BBQ Baked Beans Or Mixed Salad	Southern Baked Halloumi Burger, Bun & Salad with BBQ Sauce Spicy Oven Wedges BBQ Baked Beans Or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	
<b>Wednesday</b>	Cheesy Baked Potato Gnocchi Seasonal Vegetables Or Mixed Salad	Lentil Sausage Roll Sweet Potato Mash Seasonal Vegetables Or Mixed Salad	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
<b>Thursday</b>	Coconut Chicken Curry Boiled Rice Mixed Salad	Mild Sweet Potato & Chickpea Curry Boiled Rice Mixed Salad	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	