

JAN/11/15	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Neapolitan Spaguetti with Italian Meatballs Whole Wheat Breadroll Summer Salad	Honey Chicken Carrot Rice with Curcuma Coleslaw	Marinated Roasted Beef with or W/O Gravy Mashed Potatoes Green Salad	Baked Ziti Bolognese Italian Focaccia Buttery Steamed Broccoli	Baked Rice and Chicken Dish Bean Casserole Tomatoes and Cucumber Salad
Vegetarian	Veggie Pesto Pasta with Quinoa	Honey Broccoli and Yams Baked Mix	Eggplant and Veggie Napoleons	Vegetarian Bolognese Baked Pasta	Mixed Vegetables Rice Stir Fry Fresh Veggies Salad
Dessert	Orange Fruit Dessert	Fruit Salad	Low Sugar Apple Coblers	Whole Fresh Fruit	Low Sugar Banana Oatmeal Cookies

JAN/18/22	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Honey glazed chicken breast Boulangere Rosemary Potatoes Roasted Broccoli	Fish fingers served w/homemade tartar sauce Baked beans Fiesta rice	Ground Beef Lasagna Cesar salad Our garlic bread rolls	Slow cooked beef stew Rice pilaf Green beans	Chicken burger brioche Baked potato wedges Traditional coleslaw
Vegetarian	Stuffed onions with veggies au gratin Tomato & yogurt salsa	Vegetable flat bread pizza pockets	Rigatoni pasta with pesto & mozzarella Roasted tomatoes	Sweet potatoes and fresh cheese frittata with tomato basil dressing	Spicy beans brioche burger Potato wedges Coleslaw
Dessert	Passion fruit Mousse	Fruit salad	Apple crumble & vanilla custard	Eton's mess	Fresh fruit cuts

*Lighter Options served daily in our Snack Bar*

JAN/25/29	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken tikka masala Golden rice Mini Naan Tomato Salad	Red pesto & spinach penne pasta served with salmon flakes Garden salad	BBQ chicken House mashed potatoes Butter garlic steamed veggies	Baked ziti bolognese Fresh baked bread Italian salad	Rice with chicken Baked red beans Cucumber tomato salad
Vegetarian	Vegetarian tikka masala Mini Naan Tomato salad	Red pesto penne or Roasted veggie wraps Garden salad	Pea and Mint falafel quinoa and hummus Pita bread	Neapolitan baked ziti Bread roll Italian salad	Sauteed rice and vegetables Cucumber tomato salad
Dessert	Fresh Orange quarters	Oat Meal raisin cookie	Assorted fresh fruit cuts	Fruity Jello	Chocolate Mousse