

# Munchin

Week 1

## Monday

Oven Baked Breaded Fish  
Roast Chicken In Gravy  
Garden Peas  
Fresh Cauliflower  
Roast Potatoes  
Creamed Potatoes  
Syrup Sponge  
Custard Sauce  
Gingerbread Man Biscuit  
Fresh Fruit Juice  
Fresh Fruit

## Tuesday

Lamb Pasty  
Baked Macaroni Cheese  
Egg Sandwich In Wholemeal Bread  
Broccoli  
Golden Sweetcorn  
Jacket Potatoes  
Parsley Potatoes  
Strawberry Victoria Sponge  
Custard Sauce  
Yoghurt  
Fresh Fruit

## Wednesday

Salmon Fish Cake  
Lasagne  
Mixed Vegetable Medley  
Baked Beans  
Homemade Garlic Bread  
Creamed Potatoes  
Banana & Chocolate Sponge  
Custard Sauce  
Fruit In Jelly  
Fresh Fruit

## Thursday

Roast Turkey  
Gravy  
Cheese & Onion Pie  
Tuna Sandwich In Wholemeal Bread  
Carrots  
Cabbage  
Oven Roast & Creamed Potatoes  
Eve's Pudding  
Chocolate Sauce  
Yoghurt  
Fresh Fruit

## Friday

Cheese & Tomato Pizza  
Vegetarian Pasta Bake  
Garden Peas & Sweetcorn  
Chips  
Parsley Potatoes  
Orange Gateau  
Yoghurt  
Fresh Fruit

Week 2

## Monday

Savoury Mince  
Yorkshire Pudding  
Quorn Savoury Mince  
Baked Bean, Pasta & Cheese Bake  
Carrots  
Green Beans  
Parsley Potatoes  
Jacket Potatoes  
Chocolate Eclair  
Yoghurt  
Fresh Fruit

## Tuesday

Oven Baked Fish Fingers  
Jacket Potato With Beans & Cheese  
Garden Peas  
Fresh Cauliflower  
Hash Browns  
Tomato Pasta  
Ginger Sponge  
Custard Sauce  
Fairy Bun  
Fresh Fruit

## Wednesday

Roast Chicken  
Gravy  
Quiche  
Tuna Sandwich In Wholemeal Bread  
Cabbage  
Swede and Carrots Mix  
Oven Roast & Creamed Potatoes  
Chocolate Marbled Victoria Sponge  
Chocolate Sauce  
Ice-Cream  
Fresh Fruit

## Thursday

Meat & Potato Pie  
Breaded Salmon Fillet  
Golden Sweetcorn  
Mixed Vegetable Medley  
Oven Baked Potatoes  
Parsley Potatoes  
Chocolate Pear Pudding  
Chocolate Sauce  
Yoghurt  
Fresh Fruit

## Friday

Baked Sausage  
Gravy  
Quorn Sausage  
Egg Sandwich In Wholemeal Bread  
Baked Beans  
Broccoli  
Parsley Potatoes  
Jacket Potatoes  
Rice Pudding With Fresh Fruit  
Flapjack  
Fresh Fruit Juice  
Fresh Fruit

