

17 <sup>h</sup> - 23 <sup>rd</sup> January 2022	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Selection of cereals including Bran flakes, All Bran, Weetabix and Cornflakes served with Full Fat and Low Fat Milk; Porridge with a choice of toppings; Whole Fresh Fruit, Cut Fruit & Yogurt; Tea, Coffee & Fruit Juice; Fresh White Sliced & Wholemeal Bread & Toast						
		Croissants		Boiled Eggs	Fresh Fruit	Irish Breakfast	Bacon Bagels Avocado Cream Cheese
<b>Lunch</b>	Mushroom & Thyme Soup	Potato & Leek Soup	Spicy Califlower Soup	Root Vegetable Soup	Tomato & Basil Soup		
	Penne Pasta Chicken Bake	Beef Creamy Stroganoff	Chicken Fajita Wrap	BBQ flavored Pulled Pork Sandwich	Sweet & Sour Chicken	Packed Lunch	Take Away Lunch
	Roast Vegetable Penne Pasta Bake	Vegetable & Mixed Bean Stroganof	Spicy Pepper & Bean Burritos	Wild Mushroom & Greens Stir-fry	Sweet & Sour Stir-fry Vegetables with Tofu		
	Garlic Bread	Steamed Rice	Homemade Wedges	Cheesy Cajun Coleslaw	Steamed Egg Fried Rice		
	Self-serve Salad Bar with a varied selection of Composite, Simple , Protein, Carb & Green Salads with Tasty Dressings! Selection of wholemeal, sliced breads, freshly baked rolls & cheeses & deli meats.						
<b>Dinner</b>	Roast Stuffed Chicken	Shepperd Pie Topped with Cheesy Potatoes & Gravy	Roast Loin of Pork with Gravy & Apple Sauce	Garlic & Lemon Chicken	Mexican Beef Chilli	Pasta & Ham Carbonara	
	Savoury filled Omelette	Lentil & Bean Pie topped with Cheesy Potatoes	Feta & Spinach Quiche	Potato & Chilli Frittata	Vegetable & Mixed Bean Chilli	Vegetable & Quorn Carbonara	
	Roast Potatoes, Green Beans & Carrots	Mashed Potato, Broccoli & Cauliflower	Seasonal Vegetables & Herb Mash Potato	Corn on the Cob & Potato Gratin	Steamed Rice & Tortilla Chips	Garlic Slice with Tomato & Cucumber Salad	
	Self-serve Salad Bar with a varied selection of Composite, Simple , Protein, Carb & Green Salads with Tasty Dressings! Selection of wholemeal, sliced breads, freshly baked rolls & cheeses & deli meats.						
	Rocky Road	Apple Crumble	Carrot Cake	Rice Pudding	Homemade Cupcakes	Lemon Sponge	

**If you have a food allergy or intolerance please ask our staff for further information**