

Nutrition Plan: **SENWK1 16**      **STBs Senior wk1**

Menu Course	SENIORS monday WEEK 1 16	SENIORS tuesday WEEK 1 16	SENIORS WEDS WEEK 1 16	SENIORS THURS WEEK1 16	SENIORS FRIDAY WEEK 1 11
Mains	ST BRIGIDS SANDWICH BAR [15] chicken Wraps with homemade b b q sauce [134] spinach & bean casserolet witj quorn [10]	ST BRIGIDS SANDWICH BAR [25] chicken curry stbs [65] Grilled mackerel with salsa [6] Beef Chilli [50] tomato& pesto Pasta pot [10]	ST BRIGIDS SANDWICH BAR [21] roast pork [44] Baked Low Fat Sausage (2xeach) [82] STUFFING BALLS STBS [48] Gravy [75]	ST BRIGIDS SANDWICH BAR [12] ham sliced stbs [8] turkey sliced stbs [8] STBs Bacon & Cheese Pannini [70] STBs Cheese & Tomato Pannini [15] STBs Cheese Panini [20] STBs Tuna melt Pannini [25] Cheese sprinkle [8]	ST BRIGIDS SANDWICH BAR [12] Cod Fish Fingers (2 each) [36] Salmon Fish Cakes [48]
Vegetables	mixed salad [5] BAKED BEANS STBS [40]	sweetcorn nibs frozen [20] mixed salad [4] Baked Beans (primary) [25]	Swede and Carrot (Dice or Mash) - sec [53] <del>sausage roll [50]</del> Pansy Cow BAKED BEANS STBS [20]	col slaw fresh stbs [25] compound salads stbs [25] BAKED BEANS STBS [30]	Peas - Primary Portion [11] BAKED BEANS STBS [23] mixed salad [5]
Carbohydrates	dry bake herb dice potato [70] tomato& pesto Pasta pot [10]	boiled rice [121]	mash potato [132] tomato& pesto Pasta pot [10]	potato salad stbs [25] 1/2 jacket potato stbs [36] tomato& pesto Pasta pot [10]	friday chips stbs [185] tomato& pesto Pasta pot [11]
Desserts	fresh fruit [3] fruit yoghurts [10] Cheese and Crackers [10] cookiestbs [80]	fruit yoghurts [30] fresh fruit [8] Cheese and Crackers [4] apple crumble&custardstbs [40]	fruit yoghurts [10] fresh fruit [0] Cheese and Crackers [5] build a fruit pot with yoghurt dressing [56]	fruit yoghurts [10] fresh fruit [4] Cheese and Crackers [6]	VAN ICE CREAM [83] fruit yoghurts [11] fresh fruit [0] Cheese and Crackers [3]
Beverages	still water [39] Apple Juice [21]	still water [33] Apple Juice [28]	still water [42] Apple Juice [23]	still water [31] Apple Juice [23]	still water [28] Apple Juice [25]

Menu Cycle (5)

Nutrition Plan: SENWK2 16		STBs SENIOR WK2			
Menu Course	SENIORS monday WK2 16	SENIORS tuesday WK 2 16	SENIORS WEDS WK2 16	SENIORS THURSDAY WK2 16	SENIORS FRIDAY WK2 16
Mains	ST BRIGIDS SANDWICH BAR & Jacket potato [22] b b q glazed chicken in a bun [98] cottage pie stbs [40] tomato& pesto Pasta pot [10]	ST BRIGIDS SANDWICH BAR [27] bolognaise sauce (pri) [79] chicken carb (pri) [29] chunky tom sauce [15] tomato& pesto Pasta pot [8]	ST BRIGIDS SANDWICH BAR & Jacket potato [23] Hand carved roast turkey with stuffing [82] Baked Low Fat Sausage (2xeach) [52] tomato& pesto Pasta pot [11]	ST BRIGIDS SANDWICH BAR & Jacket potato [12] ham sliced stbs [8] turkey sliced stbs [8] warm chicken & bacon pittas [87] warm bacon & cheese pittas [22] warm tomato & quorn pittas [15] tomato& pesto Pasta pot [3] mackerel flt [3]	ST BRIGIDS SANDWICH BAR & Jacket potato [23] BATTERED POLLOCK [39] Salmon Fish Cakes [28] tomato& pesto Pasta pot [7]
Vegetables	Sweetcorn [46] BAKED BEANS STBS [25] mixed salad [10]	mixed salad [7] BAKED BEANS STBS [31]	Carrots (Baton/Sliced) - Secondary Portion [77] <del>sausage roll [83]</del> <i>Pasta Corn</i> BAKED BEANS STBS [31] mixed salad [6]	compound salads stbs [25] BAKED BEANS STBS [30]	sausage roll [39] BAKED BEANS STBS [38] mixed salad [7]
Carbohydrates	potato wedge homemade [67]	pasta twists (sec) [125]	duchesse potatostbs [146]	potato salad stbs [25] 1/2 jacket potato stbs [36]	friday chips stbs [173]
Desserts	Luxury Chocolate Cake (sec) [63] fruit yoghurts [30] fresh fruit [7] Cheese and Crackers [6]	fruit yoghurts [35] fresh fruit [9] pear sponge & custard stbs [25] Cheese and Crackers [4]	build a fruit pot with yoghurt dressing [58] fruit yoghurts [26] fresh fruit [9] Cheese and Crackers [5]	chocolate banana cake [72] fruit yoghurts [25] fresh fruit [4]	fruit yoghurts [12] fresh fruit [7] Cheese and Crackers [8] STRAWBERRY ICE CREAM [86]

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Nutrition Plan: SENWK3 16		STBs SENIOR WK3			
Menu Course	SENIORS monday WK3 16	SENIORS tuesday WK3 16	SENIORS wednesday week3	SENIORS THURSDAY WK3 16	SENIORS FRIDAY WK3 16
Mains	ST BRIGIDS SANDWICH & JACKET POTATO BAR [22] pork with noodles stirfry [30] s & s chicken stbs [105] Tomato and pesto pasta [8]	ST BRIGIDS SANDWICH & JACKET POTATO BAR [17] Beef Lasagne (Sec) [70] Meatballs (sec) [65] Tomato and pesto pasta [8]	ST BRIGIDS SANDWICH & JACKET POTATO BAR [35] hnd carved Anglesey Cured Ham [45] Baked Low Fat Sausage (2each) [74] Tomato and pesto pasta [9]	ST BRIGIDS SANDWICH & JACKET POTATO BAR [30] french bread ham & Pineapple Pizza [86] FRENCH BREAD CHEESE & TOMATO PIZZA [40] Tomato and pesto pasta [10] ham sliced stbs [2] turkey sliced stbs [2]	ST BRIGIDS SANDWICH & JACKET POTATO BAR [12] Salmon Fish Cakes [36] chunkey haddock bites [48] Tomato and pesto pasta [11]
Vegetables	BAKED BEANS STBS [25] steamed brocoli & ses seeds [21] mixed salad [4]	BAKED BEANS STBS [35] mixed salad [5]	peas stbs [59] Swede and Carrot (Dice or Mash) - sec [65] BAKED BEANS STBS [50] mixed salad [5]	compound salads stbs [30] BAKED BEANS STBS [40]	BAKED BEANS STBS [40] peas stbs [40] mixed salad [5]
Carbohydrates	egg fried rice [155]	plain boiled spaghetti [65]	herb new potatoes [97]	1/2 jacket potato stbs [59] potato salad stbs [15]	friday chips stbs [185]
Desserts	build a fruit pot with yoghurt dressing [136] fruit yoghurts [20] fresh fruit [5] Cheese and Crackers [4]	pineapple upsidedown & custard [50] fresh fruit [23] fruit yoghurts [20] Cheese and Crackers [8]	build a fruit pot with yoghurt dressing [128] fruit yoghurts [25] fresh fruit [7] Cheese and Crackers [3]	cookiestbs [50] fruit yoghurts [25] fresh fruit [10] Cheese and Crackers [10]	fruit yoghurts [20] CHOC ICE CREAM [48] fresh fruit [20] Cheese and Crackers [4]
Beverages	still water [33] Apple Juice [30] orange juice [30] Yazoo Milkshake [30]	still water [33] Apple Juice [27] orange juice [34] Yazoo Milkshake [34]	still water [29] Apple Juice [29] orange juice [29] Yazoo Milkshake [29]	still water [30] Apple Juice [30] orange juice [30] Yazoo Milkshake [30]	still water [30] Apple Juice [30] orange juice [30] Yazoo Milkshake [30]