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| --- | --- | --- | --- | --- | --- |
|  | WEEK 1 | WEEK 2 | WEEK 3 | Other Options | EXTRA’s |
| Day | **Main Option**  | Main Option  | **Main Option** | Extra daily | Daily  |
| Monday | **Pasta Twists****with Tomato sauce****Cheese and Ham****Sweetcorn****Fruit Salad** | **Pepperoni Pizza****Sweetcorn****Yoghurt & Fruit Mix** | **Pasta Twists with Tomato sauce****Cheese and Ham****Sweetcorn****Strawberry Frozen mousse** | **Rolls with** **Ham; Cheese; Tuna****Jacket Potatoes****with butter****Cheese or Tuna** | **Carrot and cucumber sticks****Cherry tomatoes****Coleslaw****Fresh Yoghurts****Fruit** |
| Tuesday | **Beefburger, Mini Waffles & Beans****Crumble & Custard** | **Meatballs & Pasta****Mixed Veg****Chocolate Crunch** | **Sausage** **Mash****Mixed Veg****Flapjack** | **Rolls with** **Ham; Cheese; Tuna****Jacket Potatoes****with butter****Cheese or Tuna** | **Carrot and cucumber sticks****Cherry tomatoes****Coleslaw****Fresh Yoghurts****Fruit** |
| Wednesday | **Roast Chicken, Yorkshire pudding, Roast Potatoes and Carrots****Yoghurt & Fruit Mix** | **Toad in the Hole, Roast Potatoes & Carrots****Jelly & Fruit Mix** | **Roast Chicken, Yorkshire pudding, Roast Potatoes and Carrots****Cheese & Crackers** | **Rolls with** **Ham; Cheese; Tuna****Jacket Potatoes****with butter****Cheese or Tuna** | **Carrot and cucumber sticks****Cherry tomatoes****Coleslaw****Fresh Yoghurts****Fruit** |
| Thursday | **Sausage, Mash &****Mixed vegetables****Flapjack** | **Turkey Burger****Herby Potatoes****Baked Beans****Cookies** | **Ham & Cheese Pizza & Beans****Yoghurt & Fruit** | **Rolls with** **Ham; Cheese; Tuna****Jacket Potatoes****with butter****Cheese or Tuna** | **Carrot and cucumber sticks****Cherry tomatoes****Coleslaw****Fresh Yoghurts****Fruit** |
| Friday | **Fish Fillets** **Herby Potatoes****Peas****IceCream** | **Fish Fingers, Mini Waffles****Peas****Fruit Salad** | **Fish Fillets** **Mini Waffles****Peas****Ice Cream** | **Rolls with** **Ham; Cheese; Tuna****Jacket Potatoes****with butter****Cheese or Tuna** | **Carrot and cucumber sticks****Cherry tomatoes****Coleslaw****Fresh Yoghurts****Fruit** |

**Bolton’s Kitchen Menus January 2023 (Monday 9th Jan start week 1)**

**SPRING TERM 2019**