

Menu Cycle (5)

stephanie.hall

Nutrition Plan: FALJ15W1 FALKIRK JANUARY MENU 2015 WEEK 1

Menu Course	FALKIRK JANUARY MENU 2015 WEEK 1 DAY 1	FALKIRK JANUARY MENU 2015 WEEK 1 DAY 2	FALKIRK JANUARY MENU 2015 WEEK 1 DAY 3	FALKIRK JANUARY MENU 2015 WEEK 1 DAY 4	FALKIRK JANUARY MENU 2015 WEEK 1 DAY 5
Main Meal	SAUSAGE AND MASH WITH ONION GRAVY TR [30]	CHICKEN FAJITAS SALSA & CAESAR TR [30]	ROAST PORK - SAUCE AND STUFFING TR [30]	TRADITIONAL BEEF LASAGNE TR [30]	CRISPY BATTERED FILLET OF COD TR [30]
	TOMATO KETCHUP SACHET [1]	SPICED COUS COUS TR [30]	ROASTED POTATOES [30]		CHIPPED POTATOES [30]
		TOMATO KETCHUP SACHET [1]	GRAVY [30]		
Vegetarian Main Meal	GOATS CHEESE CARAMALISED ONION TART TR [10]	BLACK EYED BEAN AND POTATO BURRITO TR [10]	VEGETARIAN COTTAGE PIE WITH SWEET POT TR [10]	CHEESE LEEK AND POTATO PIE [10]	MIXED BEAN AND AUBERGINE TAGINE TR [10]
		STEAMED RICE 1/2 WHOLEMEAL TR [10]			SPICED COUS COUS TR [15]
Vegetables	BROCCOLI FRESH [90]	SWEET CHILLI, CUCUMBER AND TOM SALAD TR [90]	CABBAGE PRE PREP SHREDDED [90]	SWEETCORN [90]	GARDEN PEAS TRIN [90]
	CARROTS FRESH [5]	CUCUMBER RAITA [5]	CARROTS FRESH [5]	COURGETTES FRESH [5]	COLESLAW TR [5]
	ASSORTED SALAD ACCOMPANIMENTS TR [5]	ASSORTED SALAD ACCOMPANIMENTS TR [5]	ASSORTED SALAD ACCOMPANIMENTS TR [5]	ASSORTED SALAD ACCOMPANIMENTS TR [5]	ASSORTED SALAD ACCOMPANIMENTS TR [5]
Assorted Pizza	TRATTORIA PIZZAS ASSORTED [22]	TRATTORIA PIZZAS ASSORTED [22]	TRATTORIA PIZZAS ASSORTED [22]	TRATTORIA PIZZAS ASSORTED [22]	TRATTORIA PIZZAS ASSORTED [22]
Assorted Sandwiches	ASSORTED SANDWICHES SEC NEW RANGE [8]	ASSORTED SANDWICHES SEC NEW RANGE [8]	ASSORTED SANDWICHES SEC NEW RANGE [8]	ASSORTED SANDWICHES SEC NEW RANGE [8]	ASSORTED SANDWICHES SEC NEW RANGE [8]
	LOVE JOES ASSORTED FRESH WRAPS [3]	LOVE JOES ASSORTED FRESH WRAPS [3]	LOVE JOES ASSORTED FRESH WRAPS [3]	LOVE JOES ASSORTED FRESH WRAPS [3]	LOVE JOES ASSORTED FRESH WRAPS [3]
	LOVE JOES ASSORTED HOT WRAPS [2]	LOVE JOES ASSORTED HOT WRAPS [2]	LOVE JOES ASSORTED HOT WRAPS [2]	LOVE JOES ASSORTED HOT WRAPS [2]	LOVE JOES ASSORTED HOT WRAPS [2]
Assorted Jackets	ASSORTED JACKET POTATOES SECONDARY [5]	ASSORTED JACKET POTATOES SECONDARY [5]	ASSORTED JACKET POTATOES SECONDARY [5]	ASSORTED JACKET POTATOES SECONDARY [5]	ASSORTED JACKET POTATOES SECONDARY [5]
Assorted Salads	ASSORTED SALADS SECONDARY [10]	ASSORTED SALADS SECONDARY [10]	ASSORTED SALADS SECONDARY [10]	ASSORTED SALADS SECONDARY [10]	ASSORTED SALADS SECONDARY [10]
Pasta Offer	PASTA PASTA ASSORTED [10]	PASTA PASTA ASSORTED [10]	PASTA PASTA ASSORTED [10]	PASTA PASTA ASSORTED [10]	PASTA PASTA ASSORTED [10]

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Assorted Homebakes	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]
Desserts	APPLE CINNAMON TWICE BAKED CRUMBLE TR [15]	LEMON DRIZZLE CAKE [15]	FRESH SEASONAL FRUITS WITH MINT TR [15]	MARBLE CAKE TR [15]	LEMON SYLLABUB WITH APRICOT BISCOTTI TR [15]
	SEASONAL FRESH FRUIT CUPS [15]	SEASONAL FRESH FRUIT CUPS [15]	SEASONAL FRESH FRUIT CUPS [15]	CUSTARD TRADITIONAL MILK POWDER TRIN [15]	SEASONAL FRESH FRUIT CUPS [15]
	YOGHURT [20]	YOGHURT [20]	YOGHURT [20]	SEASONAL FRESH FRUIT CUPS [15]	YOGHURT [20]
	CUSTARD TRADITIONAL MILK POWDER TRIN [15]			YOGHURT [20]	
Drinks	FRUIT JUICE [65]	FRUIT JUICE [65]	FRUIT JUICE [65]	FRUIT JUICE [65]	FRUIT JUICE [65]
	MILK DRINK(1/3 PT CARTON) [10]	MILK DRINK(1/3 PT CARTON) [10]	MILK DRINK(1/3 PT CARTON) [10]	MILK DRINK(1/3 PT CARTON) [10]	MILK DRINK(1/3 PT CARTON) [10]
	CHOCOLATE MILK DRINK [25]	CHOCOLATE MILK DRINK [25]	CHOCOLATE MILK DRINK [25]	CHOCOLATE MILK DRINK [25]	CHOCOLATE MILK DRINK [25]