

Menu Cycle (5)

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Nutrition Plan: FALJ15W2 FALKIRK JANUARY MENU 2015 WEEK 2

Menu Course	FALKIRK JANUARY MENU 2015 WEEK 2 DAY 1	FALKIRK JANUARY MENU 2015 WEEK 2 DAY 2	FALKIRK JANUARY MENU 2015 WEEK 2 DAY 3	FALKIRK JANUARY MENU 2015 WEEK 2 DAY 4	FALKIRK JANUARY MENU 2015 WEEK 2 DAY 5
Main Meal	SALMON AND SPINACH FLORENTINE TRIN [30]	CHICKEN CACCITORE TR [30]	ROAST TOPSIDE OF BEEF TRINITY [30]	BEEF COBBLER TR [30]	CAJUN BATTERED FILLET OF COD TR [30]
			ROASTED POTATOES [30]	POTS MASHED [30]	CHIPPED POTATOES [40]
			GRAVY [30]		
Vegetarian Main Meal	MCV STEW POTS VEGETABLE LENTIL CASSEROLE [10]	MACARONI DOUBLE CHEESE WITH LEEKS TR [10]	SPICED QUORN WITH FLAVOURED NOODLES TR [10]	GOATS CHEESE LEEK AND TOMATO TART TR [10]	SPICY BEAN BURGER [10]
	POTS MASHED [15]			NEW POTATOES [10]	
Vegetables	CARROTS FRESH [90]	GARDEN PEAS TRIN [90]	BROCCOLI FRESH [90]	SWEETCORN [90]	GARDEN PEAS TRIN [90]
	CAULIFLOWER FRESH [5]	HEALTHY SALAD FOR FALAFEL TR [5]	CARROTS FRESH [5]	ROASTED VEGETABLE MEDLEY 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]
Assorted Homebakes	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]

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Desserts	GOLDEN SYRUP AND APPLE SPONGE TR [15]	TOFFEE APPLE STRUDEL TR [15]	HONEY BAKED BANANAS TR [15]	ALMOND AND ORANGE CAKE TR [15]	STEAMED CHOCOLATE SPONGE PUDDING TR [15]
	SEASONAL FRESH FRUIT CUPS [15]	SEASONAL FRESH FRUIT CUPS [15]	SEASONAL FRESH FRUIT CUPS [15]	SEASONAL FRESH FRUIT CUPS [15]	SEASONAL FRESH FRUIT CUPS [15]
	YOGHURT [20]	YOGHURT [20]	YOGHURT [20]	YOGHURT [20]	YOGHURT [20]
		CUSTARD TRADITIONAL MILK POWDER TRIN [15]		CUSTARD TRADITIONAL MILK POWDER TRIN [15]	VANILLA SAUCE [15]
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]