

Menu Cycle (5)

stephanie.hall

Nutrition Plan: FALJ15W3 FALKIRK JANUARY MENU 2015 WEEK 3

Menu Course	FALKIRK JANUARY MENU 2015 WEEK 3 DAY 1	FALKIRK JANUARY MENU 2015 WEEK 3 DAY 2	FALKIRK JANUARY MENU 2015 WEEK 3 DAY 3	FALKIRK JANUARY MENU 2015 WEEK 3 DAY 4	FALKIRK JANUARY MENU 2015 WEEK 3 DAY 5
Main Meal	SPAGHETTI BOLOGNAISE TR [30]	JASHASHA HUNZA BALTIT TR CHX BEETROOT [30]	POT ROASTED HONEY GLAZED HAM TR [30]	SMOKED HAM AND TOMATO TART TR [30]	CAJUN BATTERED BASA FILLET TR [30]
		PILAU RICE [30]	ROASTED POTATOES [30]	NEW POTATOES [30]	CHIPPED POTATOES [40]
			GRAVY [30]		
Vegetarian Main Meal	PENNE PASTA AND VEGETABLE BAKE TR [10]	ROULADE OF ROASTED VEGETABLES TR [10]	SWEET POTATO AND SQUASH STEW [10]	BLACK EYED BEAN AND POTATO BURRITO TR [10]	VEGETARIAN MIXED GRILL TR [10]
		NEW POTATOES [10]			
Vegetables	CARROTS FRESH [90]	GARDEN PEAS TRIN [90]	SWEDE FRESH [90]	BROCCOLI FRESH [90]	GARDEN PEAS TRIN [90]
	SWEETCORN [5]	CUCUMBER RAITA [5]	CABBAGE PRE PREP SHREDDED [5]	CARROTS 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	CARAMELISED APRICOT CUSTARD TART TR [15]	APPLE AND BLACKBERRY CRUMBLE TR [15]	SPARKLING TROPICAL FRUIT JELLY TR [15]	RICH CHOCOLATE AND BEETROOT CAKE [15]	ORANGE POLENTA CAKE 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]	
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]