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| *Week 1* | **St Martha’s Garden Kitchen Menu**  **WC – 23.01.23 / 13.02.23** |
| ***Monday*** | ***One of the following:***  *Pizza and Potato Wedges*  *OR*  *Macaroni Cheese (V)*  *All served with seasonal vegetables*    *Jelly, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.*    *Available Daily - FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Tuesday*** | ***One of the following:***  *Pork / Quorn (V) Meatballs in BBQ sauce served on a flatbread*    *All served with seasonal vegetables*    *Jam Sponge, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.*    *Available Daily - FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Wednesday*** | ***One of the following:***  *Roast Chicken, Yorkshire Pudding with sage and onion stuffing*  *or*  *Cheese and Vegetables Croquettes (V)*    *All served with roast potatoes, seasonal vegetables.*    *Doughnuts, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.*    *Available Daily -* *FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Thursday*** | ***One of the following:***  *Beef Chilli with Rice*  *or*  *Cheese Twist*  *Served with Pommes Noisettes, seasonal vegetables.*  *Oaty Cookie, selection of Fresh Fruit, Yoghurt or Cheese and Crackers.*  *Available Daily - FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Friday*** | ***One of the following:***  *Crunchy Fish Fingers*  *or*  *Sausage Roll (V)*    *All served with Chips, Seasonal Vegetables*    *Ice Cream, Yoghurt or Cheese and Crackers.*    *Available Daily -* *FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| *Week 2* | **St Martha’s Garden Kitchen Menu**  **WC - 09.01.223/06.02.23** |
| ***Monday*** | ***One of the following:***    *Beef Bolognese or Quorn & Garlic Bread*  *Served with Seasonal Vegetables.*    *Homemade Cherry Cake, Fresh Fruit Yoghurt or Cheese and Crackers.*    *Available Daily -* *FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Tuesday*** | ***One of the following:***  *Frankfurter*  *or*  *Quorn Sausage*  *All served with Potato Wedges, Seasonal Vegetables*  *Chocolate Crunch, Fresh Fruit, Yoghurt or Cheese and Crackers.*  *Available Daily - FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Wednesday*** | ***One of the following:***  *Chicken and Vegetable Pie*  *Or*  *Quorn Dippers*  *All served with Duchess Potato’s, Seasonal Vegetables*  *Oreo Cake, Yoghurt or Cheese and Crackers.*  *Available Daily -* *FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Thursday*** | ***One of the following:***  *Low Fat, Low Salt Pork Sausage*  *or*  *Veggie Quorn Sausage with Yorkshire Puddings*  *All served with Creamed Potatoes, Seasonal Vegetables*  *American Choc Chip Cookie, Fresh Fruit, Yoghurt or Cheese and Crackers.*  *Available Daily - FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Friday*** | ***One of the following:***  *Crunchy Fish Stars or Assorted Omelettes (V)*    *All served with Seasonal Vegetables*    *Ice cream, Fresh Fruit, Yoghurt or Cheese and Crackers.*    *Available Daily - FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |

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| *Week 3* | **St Martha’s Garden Kitchen Menu-**  **16.01.2023 / 06.02.2023** |
| ***Monday*** | ***One of the following:***  *Pizza or Pasta Pomodoro*    *All served with Pommes Noisette, Seasonal Vegetables*    *Homemade Cookie Tray Bake, Fresh Fruit, Yoghurt or Cheese and Crackers.*    *Available Daily -* *FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Tuesday*** | ***One of the following:***  *Chicken Tikka with Rice or Cheesy Beanies (V)*    *All served with Potato Wedges, Seasonal Vegetables*    *Cup Cakes, Fresh Fruit, Yoghurt or Cheese and Crackers.*    *Available Daily -* *FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Wednesday*** | ***One of the following:***  *Roast Turkey / Quorn Fillets/Tuna Pasta Bake*    *Roast potatoes, Seasonal Vegetables*    *Jelly, Fresh Fruit, Yoghurt or Cheese and Crackers.*    *Available Daily - FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Thursday*** | ***One of the following:***  *Beef Lasagne & Garlic Bread*  *or*  *Quorn Korma(V) with Basmati Rice*  *All served with Potato Wedges, Seasonal Vegetables*  *Homemade Chocolate Sponge, Fresh Fruit, Yoghurt or Cheese and Crackers.*  *Available Daily - FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |
| ***Friday*** | ***One of the following:***    *Fish Fingers or Quorn Dippers (V)*    *All served with Chips, Seasonal Vegetables*    *Ice Cream, Fresh Fruit, Yoghurt or Cheese and Crackers.*    *Available Daily - FRESH MIXED SALAD, JACKET POTATOES, served with* ***Cheese, Baked Beans, Tuna, Salad,*** *FRESH FRUIT SALAD, ASSORTED FRUIT YOGHURTS,*  *ASSORTED HOMEMADE SANDWICHES, cheese, tuna mayo, turkey, egg mayo, roast chicken, and stuffing, ham CHEESE & BISCUITS, FRESH BREAD* |

