

## ***January 14: Mediterranean Grill***

- **Grilled Marinated Chicken Breast**  
(Chicken breast, olive oil, salt & pepper, paprika, thyme, oregano, lemon, garlic)
- **Grilled Vegetables**  
(Zucchini, Cherry tomatoes, mini peppers, red onions)
- **Rice**  
(Turmeric, paprika, cumin, parsley, raisins, salt)
- **Hummus (contains sesame)**  
(Chickpeas, tahini (sesame paste), olive oil, salt & pepper, garlic, lemon)
- **Tzatziki Sauce (Yoghurt Cucumber Sauce)**  
(Greek yoghurt, cucumbers, dill, garlic, lemon juice, salt & pepper)
- **Pita Bread**
- **Mix Salad**
- **Fruit Salad**
- **Dessert: Lemon Mouse**

## ***January 21: Chicken & Vegetable Soup***

- **Chicken Soup**  
(Chicken, olive oil, salt & pepper, garlic, paprika, chicken stock, carrots, parsnip, celery root, parsley)
- **Egg noodles**
- **Dinner rolls with garlic butter**
- **Gluten free rolls**
- **Mix Salad**
- **Fruit Salad**
- **Dessert: Chocolate chip cookies**

## ***January 28: Fish and Chips Wannabe***

- **Battered Fried Fish**  
(Tilapia fish fillet, flour, eggs, olive oil, salt & pepper, soda water, garlic, paprika)
- **Pan fried Tilapia**
- **Pan Fried Chicken Tenders**  
(Chicken breast, olive oil, garlic, salt & pepper, paprika, Italian seasoning)
- **German Potato Salad**  
(Bacon, red onion, olive oil, salt & pepper, garlic, paprika, Dijon mustard, apple cider vinegar, parsley)
- **Homemade Tartar Sauce**  
(Mayonnaise, Dill, shallots, salt & pepper, garlic, lemon, Pickles)
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Orange Fluff**

### ***February 4: Glazed Ham & Mashed Potato***

- **Glazed Ham**  
(Ham, olive oil, garlic, salt & pepper, paprika, honey, Dijon mustard, apple cider vinegar, cinnamon, nutmeg).
- **Gravy**  
(Ham, olive oil, garlic, salt & pepper, paprika, honey, Dijon mustard, apple cider vinegar, cinnamon, nutmeg, chicken stock, corn starch).
- **Mashed Potatoes**  
(Potatoes, Salt & pepper, butter, olive oil, half & half)
- **Smashed Potatoes**  
(Potatoes, Salt & pepper, olive oil)
- **Lime Pea Salad**  
(Green peas, bacon, olive oil, garlic, salt & pepper, red onion, lime, chili flakes)
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Pineapple Cake**

### ***February 11: Chicken Noodle Stir-fry***

- **Chicken Stir-fry**  
(Chicken breast & chicken thighs, chicken stock, salt & pepper, garlic, gluten free soy sauce, Hoisin sauce, sesame oil, brown sugar, carrots, bell peppers, spring onion, edamame, baby carrots, red onion, red cabbage).
- **Chicken Stir-fry (Spicy)**  
(Chicken breast & chicken thighs, chicken stock, salt & pepper, garlic, gluten free soy sauce, Hoisin sauce, sesame oil, brown sugar, carrots, bell peppers, spring onion, edamame, baby carrots, red onion, red cabbage, Sriracha, chili flakes).
- **Rice noodles**
- **Spring rolls** (Contains gluten)
- **Dino nuggets**
- **Lime Pea Salad**
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Rice Krispies**

### ***February 18: Sloppy Joes with Ground Beef***

- **Sloppy Joes**  
(Minced ground beef, olive oil, onion, salt & pepper, paprika, garlic, Italian seasoning bell peppers, tomato paste, crushed tomatoes, beef stock, Worcestershire Sauce, brown sugar, liquid smoke, molasses)
- **Hamburger buns & gluten free buns**
- **Fritos**
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Pudding Cups**

### ***February 25: Grilled Pork Chops with Grating Potatoes***

- **Grilled Pork Chops**  
(Pork chops, salt & pepper, olive oil, garlic, Worcestershire sauce, paprika, Italian seasoning)
- **Gratin Potatoes**  
(Potatoes, salt & pepper, garlic, butter, milk, flour, sharp white cheddar, spring onions)
- **Sweet Potatoes**  
(Sweet potatoes, salt & pepper, brown sugar, cinnamon, nutmeg)
- **Baked Apple Sauce**  
(Apples, salt & pepper, butter, cinnamon, nutmeg, lemon juice)
- **Green Beans**  
(Green Beans, brown sugar, black pepper, olive oil, garlic, soya sauce)
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Cinnamon Twists**

## ***March 4: Breakfast***

- **Scrambled Eggs**  
(Eggs, butter, olive oil, salt & pepper, half & half)
- **Dairy free eggs**
- **Pancakes**  
(Flour, baking powder, sugar, milk, butter, eggs, salt)
- **Gluten Free Pancakes**  
(GF Flour, baking powder, sugar, milk, butter, eggs, salt)
- **Bacon**
- **Salsa**
- **Shredded Cheese**
- **Maple Syrup**
- **Fruit Salad**
- **Dessert: Strawberry cups**

## ***March 18: Meatballs & Spaghetti***

- **Beef meatballs**  
(Ground beef, onions, garlic, parsley, oregano, garlic, crushed cornflakes, salt & pepper, olive oil, eggs, Italian seasoning)
- **Tomato Sauce**  
(Onions, garlic, salt & pepper, olive oil, crushed tomatoes, tomatoes pure, Italian seasoning)
- **Garlic & Cheese bread**  
(Baguette bread, butter, olive oil, salt & pepper, garlic, cheese)
- **Gluten free pasta**
- **Apple & Carrot Salad**  
(Apple, carrots, brown sugar, raisins, lemon juice, black pepper)
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Chocolate mousse**

## ***March 25: Kielbasa Sausage with Peppers***

- **Kielbasa**  
(Kielbasa, red onion, olive oil, garlic, salt & pepper, paprika, bell peppers, green beans, basil)
- **Beef hotdogs**
- **Rice**
- **Hotdog buns**
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Carrot Cake**

## ***April 1: Beef Tacos***

- **Beef**  
(Ground Beef, onions, cumin, salt & pepper, oregano, garlic, tomato puree, olive oil)
- **Refried beans**  
(Pinto beans, onions, salt & pepper, lard, garlic)
- **Salsa & Corn Chips**  
(Onions, bell peppers, onions, tomatoes, cilantro)
- **Spanish Rice**  
(Rice, garlic, salt & pepper, tomato cause, chicken bouillon, cilantro, cumin)
- **Tortillas** (Wheat & Corn)
- **Mix Salad**
- **Fruit Salad**
- **Shredded Cheese**
- **Dessert: Baked apples with whipped cream**

## ***April 8: Oven Baked Chicken Legs***

- **Chicken Legs**  
(Chicken legs, olive oil, Lawry's seasoning, paprika, black pepper, garlic)
- **Gravy**  
(Chicken legs, olive oil, Lawry's seasoning, paprika, black pepper, garlic, chicken stock, corn starch)
- **Rice**
- **Cucumber & onion salad**  
(Cucumbers, red onions, salt & pepper, vinegar)
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Snickerdoodles**

### ***April 15: Baked Potato Bar***

- **Beef**  
(Minced ground beef, olive oil, onion, salt & pepper, paprika, garlic, Italian seasoning bell peppers, tomato paste, crushed tomatoes, beef stock)
- **Russet potatoes**  
(Russet potatoes, olive oil, salt & pepper)
- **Cheese**
- **Spring onion**
- **Sour cream**
- **Butter**
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Ice cream sandwiches**

### ***April 22: Hamburgers & Chips***

- **Beef Hamburger Patties**  
(Grilled Hamburger Patties, Laurie's seasoning, Garlic powder, Onion powder, Black pepper)
- **Bacon**
- **Fried onions**  
(Red onions, Salt & pepper, Garlic, Olive oil)
- **Tomatoes**
- **Iceberg lettuce**
- **Cheddar Cheese**
- **1001 Island Dressing**  
(Mayonnaise, Ketchup, Worcestershire sauce, Salt & pepper, Paprika, Lemon juice, Tabasco)
- **Potato Chips**
- **Hamburger Buns**
- **Fruit Salad**  
(Fresh Fruit with Orange Juice)
- **Mix Salad**  
(Organic Spring Salad Leaves, Romaine Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: No bake cookies**