Broadwaters' Inclusive Learning Community Winter Menu 2022-2023

The Willow, The Brook special, Broadwaters' Children's Centre

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Week 1 dates: 21-11-22, 04-1-2023, 30-01-2023 27-3-2023 27-3-2023

Week 2 dates: 28-11-22, 09-1-2023, 06-02-2023 06-3-2023 03-4-2023

Week 3 dates: 05-12-22, 16-1-2023, 13-2-2023 13-03-2023

Week 4 dates: 12-12-22, 23-1-2023, 20-2-2023 20-3-2023

ALL FOOD is HALAL

EVERY day we have fresh salads, fruit, bread, seasonal vegetables.

Week **ONE**	Week **TWO**	Week **THREE**	Week **FOUR**
Tuna pasta bake **Jackets potatoes & tuna, cheese** **Coconut rice pudding**	**Beef lasagne** **Vegetarian Mediterranean pasta** **Garlic bread** **Strawberry yogurt**	**Chicken Hot Dog Bun** **Macaroni Cheese** **Potato Wedges** **Fruit Cocktail**	**tomato and basil chicken** **Vegetable and Lentil Casserole** **Herb potatoes with butter** **Chocolate Brownies**
Chicken fried rice **Cheese & tomato pizza & b. beans** **Freshly baked chocolate chip biscuits**	**Indian butter chicken** **Quorn Ratatouille** **Turmeric rice** **Cinnamon Churros**	**Chicken & potato stew** **Steam rice** **Baked bean lasagne** **Coconut scones**	**Barbeque Chicken** **Primavera Pasta (spring vegetables)** **Vegetable rice** **Fruit flapjack slice (oats)**
Cajun roast Chicken **Vegetable pie** **Mango frozen yogurt**	**Chicken/beef Burger** **Potato Wedges/Baked beans** **Fruit cocktail**	**Roast Turkey, Roast potatoes** **Roasted Vegetable Couscous** **Fruit Jelly**	**Beef Meatballs** **Spring Vegetable bake** **Pasta** **Peach Slices**
Lamb & potato stew/Veg casserole **Jollof rice** **Lemon drizzle cake & custard**	**Lamb Bolognese Spaghetti** **Broccoli and Pasta Bake** **Apple and Coconut Crumble and custard**	**Curry Roast Chicken** **Vegetable chow Mein (noodles)** **Vegetable Rice** **Carrot and Sultana cake and custard**	**Jerk chicken (Spicy)** **Cheese and Broccoli Quiche (flan)** **Rice and peas** **Fruit**
Cod fish bites, **Cheesy potato & onion pasty** **Chips**	**Fish Goujons/Chicken Nuggets** **Vegetarian Tortilla Wraps** **Baked beans**	**Fish fingers** **Chees and Tomato Pizza** **Chips**	**Battered Fish** **Vegetarian Sausage** **Chips, Baked beans**