

WIC:

week: 01

Stir.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken & Vegetable Meatballs, Whole Grain Pasta Bolognese
Served with Green Salad

Bangers & Creamy Mash
Served with Green Beans

Roast Chicken
Served with Stuffing
Crispy Roasties, Peas & Sweetcorn

Mexican Chicken Wrap
Served with Mixed Salad & Salsa

Golden Fish Fingers (Salmon or Pollock)
Served with Chips & Garden Peas

Cheese & Tomato Pitta Pizza
Served with Green Salad

Veggie Bangers & Creamy Mash
Served with Green Beans

Cheese & Tomato Quiche
Served with Crispy Roasties, Peas & Sweetcorn

Bean & Sweetcorn Burrito
Served with Mixed Salad & Salsa

Cheese & Bean Pasty
Served with Chips & Garden Peas

Jacket Potato with Cheese or Baked Beans

Jacket Potato with Tuna Mayo or Baked Beans

Jacket Potato with Cheese or Baked Beans

Jacket Potato with Tuna Mayo or Baked Beans

Jacket Potato with Cheese or Baked Beans

Penne Pasta with Tomato Sauce

Penne Pasta with Tomato Sauce

Penne Pasta with Tomato Sauce

Penne Pasta with Tomato Sauce

Penne Pasta with Tomato Sauce

Ice Cream ball & Sprinkles

Carrot Cake

Marble Sponge Cake

Jelly & Fruit

Oat Cookie

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

menu

let's eat, together

www.stirfood.co.uk

WIC:

week: 02

Stir.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Margherita
Pizza**

Served with
Mixed Salad

**Beef & Lentil
Lasagna**

Served Peas
& Sweetcorn

**Roast
Gammon**

Served with
Crispy Roasties,
Peas & Carrots

**Chicken
Curry**

Served with
Whole Grain Rice &
Steamed Cabbage

**Battered
Fish**

Served with
Chips &
Baked Beans

**Macaroni
Cheese**

Served with
Mixed Salad

**Veggie Burger
in a Bun**

Served with
Oven Baked Wedges
Peas & Sweetcorn

**Summer Vegetable
Tart**

Served with
Crispy Roasties,
Peas & Carrots

**Sweet Vegetable
Curry**

Served with
Whole Grain Rice &
Steamed Cabbage

**Cheesy Bean
Wrap**

Served with
Chips

**Jacket Potato
with Cheese or
Baked Beans**

**Jacket Potato
with Tuna Mayo
or Baked Beans**

**Jacket Potato
with Cheese or
Baked Beans**

**Jacket Potato
with Tuna Mayo
or Baked Beans**

**Jacket Potato
with Cheese or
Baked Beans**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Apple
Crumble**

**Vanilla
Cup Cakes**

**Chocolate
Brownie**

**Peaches &
Ice Cream ball**

**Banana & Sultana
cookies**

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

menu

let's eat, together

www.stirfood.co.uk

WIC:

week: 03

Stir.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Cheese & Tomato
Baguette Pizza**
Served with
Sweetcorn

**Bangers
&
Potato Wedges**
Served with
Carrots

**Roast
Chicken**
Served with
Crispy Roasties,
Peas & Sweetcorn

**Chilli Con
Carne**
Served with
Whole Grain Rice
& Garlic Bread

**Golden Fish Fingers
(Salmon or Pollock)**
Served with
Chips &
Garden Peas

**Vegetable Whole Grain
Pasta Bolognese**
Served with
Sweetcorn

**Veggie Bangers
&
Potato Wedges**
Served with
Carrots

**Carrot & Stuffing
Pastry Plait**
Served with
Crispy Roasties,
Peas & Sweetcorn

**Vegetarian
Chilli**
Served with
Whole Grain Rice
& Garlic Bread

**Vegetable
Fingers**
Served with
Chips &
Baked Beans

**Jacket Potato
with Cheese or
Baked Beans**

**Jacket Potato
with Tuna Mayo
or Baked Beans**

**Jacket Potato
with Cheese or
Baked Beans**

**Jacket Potato
with Tuna Mayo
or Baked Beans**

**Jacket Potato
with Cheese or
Baked Beans**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Penne Pasta with
Tomato Sauce**

**Oaty
Flapjack**

**Vanilla
Sprinkle Sponge**

**Rice
Crispie Cake**

**Apple Sponge
Cake**

**Lemon
Cookie**

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

menu

let's eat, together

www.stirfood.co.uk