

## Menu Cycle (5)

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## Nutrition Plan: PORT17AW1 Newport 2017 April Week 1

Menu Course	Newport 2017 April Week 1 Day 1	Newport 2017 April Week 1 Day 2	Newport 2017 April Week 1 Day 3	Newport 2017 April Week 1 Day 4	Newport 2017 April Week 1 Day 5
Not Specified	CHICKEN TIKKA MASSALA SEC [30]	SEC MANDARIN BARBECUED PORK [20]	ROAST TURKEY BREAST TR [30]	MEXICAN CHILLI BEEF SEC [30]	CRISPY BATTERED POLLOCK FILLET TR [35]
	FRAGRANT BASMATI RICE TR [40]	BEGGARS NOODLES SEC [20]	ROAST POTATOES [30]	RICE 1/2 WHOLEGRAIN TR [40]	PAPRIKA DUSTED CHIPS SEC [40]
	SAAG ALOO SIDE DISH TR [30]	SEC WOK TOSSED ORIENTAL VEGETABLES [30]	GRAVY [30]	CHARRED COURGETTE WITH PICO DE GALLO [30]	MUSHY PEAS [10]
	ROAST CAULIFLOWER & CHICKPEA KORMA SEC [10]	SEC MUSHROOM FOO YUNG [20]	VEGETABLE LASAGNE SEC [10]	BBQ PULLED QUORN WRAP SEC [10]	SPICY VEGETABLE AND BEAN QUESADILLA TR [5]
	NAAN BREAD ACC [40]	STIR FRIED GREENS SEC [5]	CARROTS FRESH [35]	SWEETCORN [10]	APPLE SLAW SEC [35]
	CRUNCHY SALAD SEC [20]	SPICY RICE SEC [20]	BREAD POPPYSEED LOAF TR [35]	GREEN SALAD SEC [25]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [10]
	VEGGIE SUPREME PIZZA SEC [10]	MIXED SALAD [5]	GREEN SALAD SEC [5]	MISC PICO DE GALLO SALSA [30]	HERBY TOMATO PASTA SEC FFL [10]
	VEGETABLE BOLOGNAISE SAUCE FFL SEC [10]	TUNA & SWEETCORN PIZZA SEC [10]	HAWAIIAN PIZZA SEC [15]	3 CHEESE SICILIAN PIZZA SEC [15]	ASSORTED SALAD ACCOMPANIMENTS TR [20]
	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [20]	ITALIAN CHICKEN PASTA SEC FFL [15]	ARRABIATA PASTA SEC FFL [10]	NEAPOLITAN BEANY PASTA [10]	YOGHURT [15]
	ASSORTED SALAD ACCOMPANIMENTS TR [20]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	SEASONAL FRESH FRUIT CUPS [20]
	YOGHURT [15]	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ASSORTED HOMEBAKES [50]
	SEASONAL FRESH FRUIT CUPS [20]	YOGHURT [15]	YOGHURT [15]	YOGHURT [15]	ASSORTED JACKET POTATOES SECONDARY [9]
	ASSORTED HOMEBAKES [50]	SEASONAL FRESH FRUIT CUPS [20]	SEASONAL FRESH FRUIT CUPS [20]	SEASONAL FRESH FRUIT CUPS [20]	ASSORTED SANDWICHES SEC NEW RANGE [9]
	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]	ASSORTED SALADS SECONDARY [2]
	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED JACKET POTATOES SECONDARY [9]	TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA [20]
	ASSORTED SALADS SECONDARY [2]	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED SANDWICHES SEC NEW RANGE [9]	CAESAR SALAD SEC [20]

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APPLE CRACKNELL TR FB [15]	ASSORTED SALADS SECONDARY [2]	ASSORTED SALADS SECONDARY [2]	ASSORTED SALADS SECONDARY [2]	BREAD OAT CRUSTED GRANARY BLOOMER TR [15]
CUSTARD TRADITIONAL MILK POWDER TRIN [20]	BREAD GARLIC AND HERB BREAD WEDGE TR [30]	BROCCOLI FRESH [5]	PEACHES HOME GRANOLA AND YOGHURT TR FB [15]	BERRY AND JELLY CHILL SEC [15]
GREEN BEANS [10]	MOUSSE STRAWBERRY CRUNCH FB [15]	CHOCOLATE SPONGE TR [15]	BREAD WHOLEMEAL LOAF TR [20]	BAKED BEANS [20]
GARDEN PEAS TRIN [10]		CHOCOLATE SAUCE TR [10]		GARDEN PEAS TRIN [10]

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## Nutrition Plan: PORT17AW2 Newport 2017 April Week 2

Menu Course	Newport 2017 April Week 2 Day 1	Newport 2017 April Week 2 day 2	Newport 2017 April Week 2 Day 3	Newport 2017 April Week 2 Day 4	Newport 2017 April Week 2 Day 5
Not Specified	TRADITIONAL BEEF LASAGNE TR [35]	TERIYAKI GLAZED CHICKEN THIGHS SEC [30]	CUSTARD TRADITIONAL MILK POWDER TRIN [10]	CHICKEN AND SWEETCORN PIE FRESH [35]	CAJUN BATTERED POLLOCK FILLET TR [35]
	GARLIC AND HERB BREAD WEDGE [35]	BOILED WHOLEGRAIN RICE SEC [40]	ROAST PORK & SAUCE TR FARM ASSURED [25]	CREAMED POTATOES TR [40]	CHIPPED POTATOES SEC [40]
	MATURE CHEDDAR CARAMALISED ONION TART TR [5]	SWEET CHILLI BROCCOLI SEC [35]	VEGGIE SUPREME PIZZA SEC [15]	VEGETARIAN SAUSAGES TR [5]	VEGGIE CHILLI SOFT TACOS WITH SALSA SEC [5]
	PAPRIKA WEDGES SEC [5]	PANEER & PEA BALTI CURRY SEC [10]	ROAST POTATOES [25]	BROCCOLI FRESH [25]	MUSHY PEAS [15]
	HOUSE SLAW SEC [35]	CHICKEN RUNDOWN CARROT & ONION SLAW [30]	CARROTS FRESH [25]	GREEN BEANS [15]	BAKED BEANS [20]
	VEGGIE HOT ONE PIZZA SEC [15]	CHOTA NAAN BREAD TR [40]	CURRIED LENTIL COTTAGE PIE TR [15]	CIABATTA ROLL SEC [10]	PLAIN HALF CORN ON THE COB SEC [5]
	ARRABIATA PASTA SEC FFL [10]	CRUNCHY SALAD SEC [10]	CRUSTY BREAD [15]	TRATTORIA 14 BACON STONE BAKED PIZZA [15]	MOZZARELLA & TOMATO SICILIAN PIZZA SEC [15]
	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	CHICKEN SUPREME PIZZA SEC [15]	CAULIFLOWER FRESH [15]	HERBY TOMATO PASTA SEC FFL [10]	ITALIAN CHICKEN PASTA SEC FFL [10]
	YOGHURT [20]	VEGE BOLOGNAISE PASTA PASTA [10]	BBQ CHICKEN PASTA SEC [10]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]
	SEASONAL FRESH FRUIT CUPS [20]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	YOGHURT [20]	YOGHURT [15]
	ASSORTED HOMEBAKES [50]	YOGHURT [15]	YOGHURT [20]	SEASONAL FRESH FRUIT CUPS [20]	SEASONAL FRESH FRUIT CUPS [20]
	ASSORTED JACKET POTATOES SECONDARY [9]	SEASONAL FRESH FRUIT CUPS [20]	SEASONAL FRESH FRUIT CUPS [20]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]
	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED HOMEBAKES [50]	ASSORTED HOMEBAKES [50]	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED JACKET POTATOES SECONDARY [9]
	ASSORTED SALADS SECONDARY [2]	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED SANDWICHES SEC NEW RANGE [9]
	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED SALADS SECONDARY [2]	ASSORTED SALADS SECONDARY [2]

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GARDEN PEAS TRIN [5]	ASSORTED SALADS SECONDARY [2]	ASSORTED SALADS SECONDARY [2]	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ASSORTED SALAD ACCOMPANIMENTS TR [20]
RICE AND BERRY CONDE WITH JELLY SEC [10]	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ALMOND AND ORANGE CAKE TR [10]	BREAD BLOOMER LOAF TR [10]
GREEN SALAD SEC [25]	STRAWBERRY & PEACH STRUDEL SEC FB [15]	PINEAPPLE UPSIDE DOWN PUDDING [10]		CHOCOLATE BROWNIE TR [15]
				ICE CREAM CHOCOLATE [15]
				HEALTHY SALAD FOR FALAFEL TR [15]

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## Nutrition Plan: PORT17AW3 Newport 2017 April Week 3

Menu Course	Newport 2017 April Week 3 Day 1	Newport 2017 April Week 3 Day 2	Newport 2017 April Week 3 day 3	Newport 2017 April Week 3 Day 4	Newport 2017 April Week 3 Day 5
Not Specified	JERK CHICKEN PELAU SEC [30]	BEEF BIRRIA SEC [30]	ROAST TOPSIDE OF BEEF TRINITY [30]	CUSTARD TRADITIONAL MILK POWDER TRIN [10]	LEMON AND LIME BATTERED POLLOCK TR [30]
	BAKED COURGETTES TRIN [15]	VEG SNACK POTATO WEDGES W GARIC & THYME [30]	CABBAGE TR [25]	CREAMED POTATOES WITH GRAIN MUSTARD TR [30]	CHIPPED POTATOES SEC [40]
	CAULIFLOWER & CREAMED CORN BAKE PRI [10]	BLACKEYED BEAN VEGGIE BURGER SEC [10]	SPINACH & SOFT CHEESE LASAGNE SEC [10]	CARROTS FRESH [20]	GARDEN PEAS TRIN [15]
	STIR FRIED GREENS SEC [25]	SWEET CHILLI SLAW SEC [10]	ROAST POTATOES [30]	BEAN AND VEGETABLE CHILLI TR [10]	TERIYAKI SALMON WITH WHOLEGRAIN RICE TR [10]
	MIXED SALAD [20]	CRUNCHY SALAD SEC [15]	BROCCOLI FRESH [15]	BREAD BLOOMER LOAF TR [15]	PICKLED CUCUMBER SALAD WITH CHILLI SEC [20]
	VEGGIE HOT ONE PIZZA SEC [15]	MISC ACMP TOMATO SALSA [25]	CRUSTY BREAD [15]	SPICED COUS COUS TR [15]	BAKED BEANS [25]
	CHEESY PENNE PASTA SEC [10]	TRATTORIA 14 HAM STONE BAKED PIZZA [16]	GREEN SALAD SEC [15]	MEATFEAST SICILIAN PIZZA SEC [15]	CAJUN CHICKEN SIZZLER PIZZA SEC [15]
	YOGHURT [15]	BBQ CHICKEN PASTA SEC [8]	MUSHROOM & SWEETCORN PIZZA SEC [15]	YOGHURT [20]	PASTA NEAPOLITAN FFL [5]
	SEASONAL FRESH FRUIT CUPS [20]	YOGHURT [15]	PASTA CARBONARA SEC [10]	SEASONAL FRESH FRUIT CUPS [20]	YOGHURT [15]
	ASSORTED HOMEBAKES [50]	SEASONAL FRESH FRUIT CUPS [20]	YOGHURT [20]	ASSORTED HOMEBAKES [50]	SEASONAL FRESH FRUIT CUPS [20]
	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED HOMEBAKES [50]	SEASONAL FRESH FRUIT CUPS [20]	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED HOMEBAKES [50]
	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED HOMEBAKES [50]	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED JACKET POTATOES SECONDARY [9]
	ASSORTED SALADS SECONDARY [2]	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED JACKET POTATOES SECONDARY [9]	ASSORTED SALADS SECONDARY [2]	ASSORTED SANDWICHES SEC NEW RANGE [9]
	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ASSORTED SALADS SECONDARY [2]	ASSORTED SANDWICHES SEC NEW RANGE [9]	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ASSORTED SALADS SECONDARY [2]
	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	ASSORTED SALAD ACCOMPANIMENTS TR [20]	ASSORTED SALADS SECONDARY [2]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	ASSORTED SALAD ACCOMPANIMENTS TR [20]

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CIABATTA ROLL SEC [15]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [16]	ASSORTED SALAD ACCOMPANIMENTS TR [20]	FRUIT CRUMBLE PEACH FB [10]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [20]
MOUSSE CHOCOLATE ORANGE FB [15]	APPLE AND BLACKBERRY PIE TR FB [15]	TRATTORIA 14 MARGHERITA STONE BAKE PIZZA [15]	HEALTHY SALAD FOR FALAFEL TR [15]	RED SLAW SEC [15]
	CUSTARD TRADITIONAL MILK POWDER TRIN [15]	HOSP LEMON POSSET SEC [10]	GREEN BEANS [15]	CRUSTY BREAD [15]
	SWEETCORN [30]		VEGE BOLOGNAISE PASTA PASTA [10]	SUMMER PUDDING WITH CREME FRAICHE TR FB [15]
			PORK SAUSAGES FARM ASSURED [30]	
			GRAVY [30]	
			Onion Red PK 5KG [1]	