









# Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Pizza Day</b> A selection of homemade pizza served with potato wedges. Choose from Cheese &amp; Tomato, Ham &amp; Pineapple or Pepperoni served with potato wedges</p>	<p><b>Homemade Meatballs</b> Seasoned fresh minced beef and minced pork made into balls and baked in the oven and served in a homemade tomato sauce and served on a bed of noodles</p>	<p><b>Roast Dinner</b> Choose from home roasted breast of turkey or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy</p>	<p><b>Lasagne</b> Fresh mince beef cooked with tomatoes, onions, bay leaves, and stock, layered with lasagne pasta and topped with a béchamel sauce and baked in the oven until golden.</p>	<p><b>Fish 'Fry-day'</b> Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven &amp; served with chips</p>
<b>Served with</b>				
<b>Sweetcorn</b>	<b>Broccoli</b>	<b>Cabbage &amp; Carrots</b>	<b>Green Beans</b>	<b>Peas or Baked Beans</b>
<i>or</i>				
<p><b>Jacket potatoes &amp; Panini's</b> served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey &amp; baked beans (when available)</p>				
<i>or</i>				
<p><b>Deli Bar - Available Everyday</b> Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
				
<b>And for dessert</b>				
<b>Iced Fingers</b>	<b>Raspberry Buns</b>	<b>Jelly &amp; Cream</b>	<b>Melting Moments</b>	<b>Victoria Sponge</b>
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
<b>And Finally a drink</b>				
<p><b>A selection of the following drinks will be available daily</b> freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple, orange or cranberry or water.</p>				



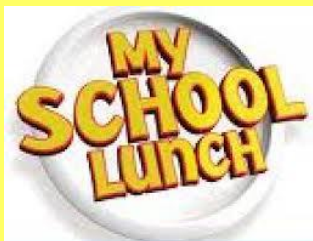


## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Chilli Nachos</b> Choose from minced beef or Quorn mince cooked with a mild chilli powder, onions, tomatoes and red kidney beans, then topped with tortilla chips and cheese and baked in the oven until golden</p>	<p><b>Homemade Burgers</b> Choose from a homemade beef burger or a vegetable burger served on a bun with homemade potato wedges</p>	<p><b>Roast Dinner</b> Choose from either home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy</p>	<p><b>Creamy Chicken Curry</b> Fresh chicken pieces cooked with cumin, ginger, garlic, chilli, coriander, coconut milk and natural yogurt served on a bed of rice with Naan bread</p> <p style="text-align: center;"><i>or</i></p> <p><b>Sweet Potato &amp; Lentil Curry</b> Sweet potato and red lentils cooked with spices and served on a bed of rice with Naan bread</p>	<p><b>Fish 'Fry-day'</b> Choose from a battered cod fillet, breaded cod fillet fingers or a homemade salmon fishcake, all baked in the oven &amp; served with chips</p>
<b>Served with</b>				
<b>Sweetcorn</b>	<b>Broccoli</b>	<b>Green Beans</b>	<b>Carrot and Swede and/or Cabbage</b>	<b>Peas or Baked Beans</b>
<i>or</i>				
<p><b>Jacket potatoes &amp; Panini's</b> served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey &amp; baked beans (when available)</p>				
<i>or</i>				
<p><b>Deli Bar - Available Everyday</b> Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
				
<b>And for dessert</b>				
<b>Chocolate Cookie</b>	<b>Frozen Fruit Smoothies</b>	<b>Flapjack</b>	<b>Eton Mess</b>	<b>Black Forest Gateaux</b>
<p>Fresh Fruit, Fruit Pots, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</p>				
<b>And Finally a drink</b>				
<p>A selection of the following drinks will be available daily freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple, orange or cranberry or water.</p>				



## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Sausage &amp; Mash</b> Choose from either a butcher's quality sausage or a Quorn sausage served on a bed of homemade mashed potato with gravy</p>	<p><b>Spaghetti Bolognaise</b> Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, mushrooms and herbs, served on a bed of spaghetti</p>	<p><b>Roast Dinner</b> Choose from either home roasted joint of gammon or a Quorn fillet, served with Yorkshire pudding, roast potatoes &amp; gravy</p>	<p><b>Cottage Pie</b> Choose from fresh minced beef or soya mince cooked with onions, carrots and stock until a rich gravy is formed then topped with homemade mashed potato and baked in the oven until golden</p>	<p><b>Fish 'Fry-day'</b> Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven &amp; served with chips</p>
<b>Served with</b>				
<b>Peas</b>	<b>Broccoli</b>	<b>Green Beans</b>	<b>Mini Corn Cobs</b>	<b>Peas and Baked Beans</b>
<i>or</i>				
<p><b>Jacket potatoes &amp; Panini's</b> served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey &amp; baked beans (when available)</p>				
<i>or</i>				
<p><b>Deli Bar - Available Everyday</b> Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
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<b>And for dessert</b>				
<b>Iced Sponge</b>	<b>Shortbread</b>	<b>Mousse</b>	<b>Ice Cream</b>	<b>Chocolate Cake and Chocolate Sauce</b>
<p><b>Fresh Fruit, Fruit Pots, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</b></p>				
<b>And Finally a drink</b>				
<p><b>A selection of the following drinks will be available daily</b> freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple, orange or cranberry or water.</p>				