









Week 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Pizza Day Homemade cheese & tomato pizza served with potato wedges. | Sausage & Mash Choose from either a butcher's quality sausage or a Quorn sausage served on a bed of homemade mashed potato and Beans | Roast Dinner Choose from home roasted breast of turkey or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy. | Creamy Chicken Curry Fresh chicken or Quorn pieces cooked with cumin, ginger, garlic, chilli, coriander, coconut milk and natural yogurt served on a bed of rice | Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven & served with chips |
| Served with | | | | |
| Sweetcorn | Broccoli | Cabbage & Carrots | Green Beans | Peas |
| or | | | | |
| Jacket potatoes & Panini's – Served Monday to Thursday ONLY served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available) | | | | |
| or | | | | |
| Deli Bar - Available Everyday 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, turkey, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers. | | | | |
|    | | | | |
| And for dessert | | | | |
| Iced Fingers | Raspberry Buns | Jelly | Melting Moments | Victoria Sponge |
| Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert. | | | | |
| And finally a drink | | | | |
| A selection of the following drinks will be available daily. Fruit juice or water. | | | | |



Week 2



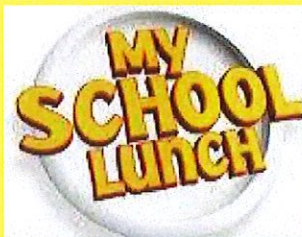


| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Chilli Nachos Choose from minced beef or Quorn mince cooked with a mild chilli powder, onions, tomatoes and red kidney beans, then topped with tortilla chips and cheese and baked in the oven until golden | Beef Stew Chunks of fresh beef cooked slowly with onions, potatoes, carrots and leeks in stock until tender and served with crusty bread | Roast Dinner Choose from either home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy | Burger Bar Choose from either a freshly prepared beef burger or a spicy bean burger served on a bun with potato wedges | Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers or a homemade salmon fishcake, all baked in the oven & served with chips |
| Served with | | | | |
| Sweetcorn | Broccoli | Green Beans | Baked Beans | Peas |
| or | | | | |
| Jacket potatoes & Panini's – Served Monday – Thursday ONLY served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available) | | | | |
| or | | | | |
| Deli Bar – Available Everyday 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, turkey, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers. | | | | |
|    | | | | |
| And for dessert | | | | |
| Chocolate Cookie | Frozen Fruit Smoothies | Flapjack | Ice Cream | Black Forest Gateaux |
| Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert. | | | | |
| And finally a drink | | | | |
| A selection of the following drinks will be available daily. Fruit juice or water. | | | | |



Week 3



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Hot Dogs Choose from either a butcher's quality sausage or a Quorn sausage served in a bun with homemade potato wedges | Spaghetti Bolognese Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, mushrooms and herbs, served on a bed of spaghetti | Roast Dinner Choose from either home roasted joint of gammon or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy | Cottage Pie 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 | Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven & served with chips |
| Served with | | | | |
| Beans/Sweetcorn | Broccoli | Green Beans | sweetcorn | Peas |
| or | | | | |
| Jacket potatoes & Panini' s– Served Monday – Thursday ONLY served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available) | | | | |
| or | | | | |
| Deli Bar - Available Everyday 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, turkey, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers. | | | | |
|    | | | | |
| And for dessert | | | | |
| Iced Sponge | Gingerbread | Mousse | Choc Chip Cookie | Ice Cream |
| Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert. | | | | |
| And finally a drink | | | | |
| A selection of the following drinks will be available daily. Fruit juice or water. | | | | |