
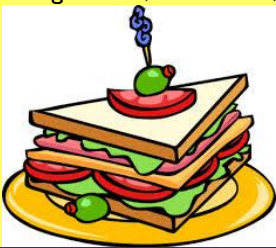







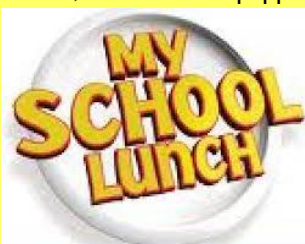
# Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizza Day</b> A pizza base topped with a homemade tomato sauce, Choose from: Cheese & Tomato or Pepperoni served with a pasta salad.	<b>Meatballs</b> Choose from fresh Pork meatballs or Quorn balls served with either a homemade tomato sauce or a rich gravy, served with noodles	<b>Roast Dinner</b> Choose from either home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy	<b>Creamy Chicken Curry</b> Fresh chicken or Quorn pieces cooked with cumin, ginger, garlic, chilli, coriander, coconut milk and natural yogurt served on a bed of rice	<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 & served with chips
<b>Served with</b>				
<b>Beans</b>	<b>Broccoli</b>	<b>Cabbage &amp; Carrots</b>	<b>Green Beans</b>	<b>Peas</b>
<b>or</b>				
<b>Jacket potatoes</b> served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo or baked beans (when available)				
<b>or</b>				
<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, and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.				
  				
<b>And for dessert</b>				
<b>Ginger cookies</b>	<b>Blueberry sponge</b>	<b>Jelly</b>	<b>Flapjack</b>	<b>Artic roll</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>				
<b>A selection of the following drinks will be available daily.</b> <b>Fruit juice or water.</b>				





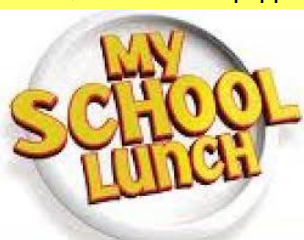
## Week 2



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Burgers</b> Choose from a butcher's quality burger or a Quorn burger served in a bun with chips.	<b>Lamb Kebab</b> Fresh lamb mince combined with herbs and spices, baked in the oven, and served in a wrap with sweet chilli sauce or mayonnaise.	<b>Roast Dinner</b> Choose from home roasted breast of turkey or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy.	<b>Chilli Nachos</b> Choose from minced beef or Quorn mince cooked with a mild chilli powder, onions, tomatoes then topped with tortilla chips and cheese and baked in the oven served with rice	<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 & served with chips
<b>Or</b>				
<b>Sausage</b> Choose from either a butcher's quality sausage or a Quorn sausage served with chips				
<b>Served with</b>				
<b>Side Salad or Beans</b>	<b>Mixed salad</b>	<b>Green Beans</b>	<b>Sweetcorn</b>	<b>Peas</b>
<b>or</b>				
<b>Jacket potatoes</b> served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo or baked beans (when available)				
<b>or</b>				
<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, and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.				
				
<b>And for dessert</b>				
<b>Chocolate Cookie</b>	<b>Angel Delight</b>	<b>Shortbread</b>	<b>Rice Crispy cake</b>	<b>Ice cream</b>
<b>Fresh Fruit, Fruit Pots, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</b>				
<b>And finally, a drink</b>				
<b>A selection of the following drinks will be available daily. Fruit juice or water.</b>				



## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sausage &amp; Mash</b> Choose from either a Butchers quality Sausage or quorn sausage served with mash and beans	<b>Spaghetti Bolognaise</b> Fresh minced beef cooked with onions, garlic, tomatoes, and herbs, served on a bed of spaghetti	<b>Roast Dinner</b> Choose from either home roasted joint of gammon or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy	<b>Popcorn Chicken</b> Choose from pieces of chicken or Quorn dipped in egg and coated in crushed rice crispies, seasoned with garlic and salt and pepper, served with homemade potato wedges	<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 & served with chips
	Or			
	<b>Mac &amp; Cheese</b> Macaroni pasta cooked and covered in a homemade cheese sauce and topped with grated cheese			
Served with				
Broccoli	Green beans	Carrots	sweetcorn	Peas
or				
<b>Jacket potatoes</b> served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, or baked beans (when available)				
or				
<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, and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.				
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And for dessert				
Chocolate sponge & Custard	Melting moments	Brownies	Iced Sponge	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.				