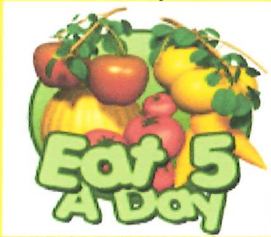
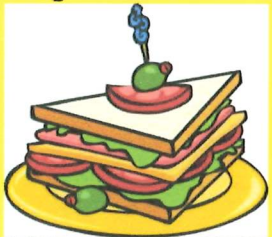





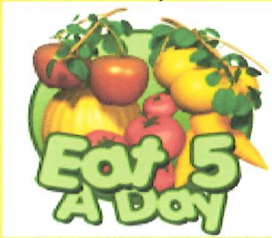


Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Day A pizza base topped with a homemade tomato sauce, Choose from: Cheese & Tomato or Pepperoni served with a pasta salad.	Meatballs Choose from fresh Pork meatballs or Quorn balls served with either a homemade tomato sauce or a rich gravy, served with noodles	Roast Dinner Choose from either home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes 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				
Beans	Broccoli	Cabbage & Carrots	Green Beans	Peas
or				
Jacket potatoes served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo or 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, and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.				
  				
And for dessert				
Ginger cookies	Blueberry sponge	Jelly	Flapjack	Artic roll
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

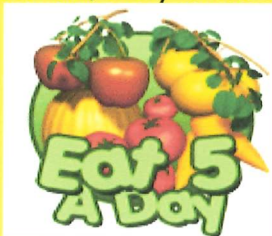




Monday	Tuesday	Wednesday	Thursday	Friday
Burgers Choose from a butcher's quality burger or a Quorn burger served in a bun with chips.	Lamb Kebab Fresh lamb mince combined with herbs and spices, baked in the oven, and served in a wrap with sweet chilli sauce or mayonnaise.	Roast Dinner Choose from home roasted breast of turkey or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy.	Chilli Nachos 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	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
Or				
Sausage Choose from either a butcher's quality sausage or a Quorn sausage served with chips				
Served with				
Side Salad or Beans	Mixed salad	Green Beans	Sweetcorn	Peas
or				
Jacket potatoes served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo or 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, 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 Cookie	Angel Delight	Shortbread	Rice Crispy cake	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.				



Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
Cowboy Stew Sausages in a tomato sauce with diced potatoes and beans	Spaghetti Bolognaise Fresh minced beef cooked with onions, garlic, tomatoes, 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	Popcorn Chicken 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	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
	Or			
	Mac & Cheese Macaroni pasta cooked and covered in a homemade cheese sauce and topped with grated cheese			
Served with				
Broccoli	Green beans	Carrots	sweetcorn	Peas
or				
Jacket potatoes served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, or 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, 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	Melting moments	Brownies	Chocolate sponge & Custard	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.				