






Week 1


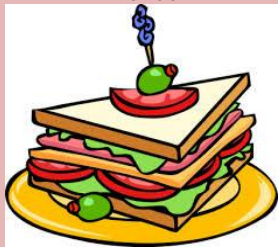



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pizza Day A selection of homemade pizza served with potato wedges. Choose from Cheese & Tomato, Ham & Pineapple or Pepperoni served with potato wedges</p>	<p>Sausage Casserole <i>Butchers sausages, cooked with onions, Tomatoes, Beans, potatoes, Leeks and smoked paprika. Served with a crusty baguette.</i></p>	<p>Roast Dinner Choose from home roasted breast of turkey or a Quorn fillet served with roast potatoes and gravy</p>	<p>Mac & Cheese <i>Cooked macaroni pasta Combined in a cheese sauce and topped with extra cheese and baked in the oven until golden served with salad</i></p>	<p>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</p>
Served with				
Sweetcorn	Beans	Cabbage & Carrots	Green Beans	Peas
Or				
<p>Jacket potatoes & Panini's served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
Or				
<p>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, 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>				
				
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				
<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 2






Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<p>Beef Stew Chunks of fresh beef cooked slowly with onions, potatoes, carrots and leeks in stock until tender and served with crusty bread</p>	<p>Roast Dinner Choose from either home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy</p>	<p>Cornflake Chicken Fresh chicken fillets or Quorn fillets dipped in beaten egg and coated in crushed cornflakes then baked in the oven until golden, served with homemade potato wedges</p>	<p>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</p>
Served with				
Sweetcorn	Broccoli	Green Beans	Baked Beans	Peas
or				
<p>Jacket potatoes & Panini's served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
or				
<p>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, 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>				
				
And for dessert				
Chocolate Cookie	Frozen Fruit Smoothies	Flapjack	Rice Pudding	Chocolate Sponge
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
And Finally a drink				
<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>Sausage & Mash</p> <p>Choose from either a butcher's quality sausage or a Quorn sausage served on a bed of homemade mashed potato with gravy</p>	<p>Spaghetti Bolognaise</p> <p>Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, mushrooms and herbs, served on a bed of spaghetti</p>	<p>Roast Dinner</p> <p>Choose from either home roasted joint of gammon or a Quorn fillet, served with roast potatoes & gravy</p>	<p>Cottage Pie</p> <p>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>Fish 'Fry-day'</p> <p>Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven & served with chips</p>
Served with				
Peas	Broccoli	Green Beans	Sweetcorn	Peas
<i>or</i>				
<p>Jacket potatoes & Panini's</p> <p>served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
<i>or</i>				
<p>Deli Bar - Available Everyday</p> <p>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>				
  				
And for dessert				
Iced Sponge	Biscuits	Mousse	Cheesecake	Ice Cream
<p>Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.</p>				
And Finally a drink				
<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>				