
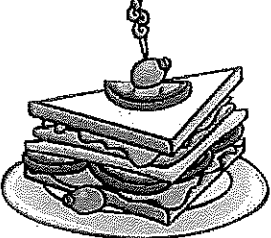


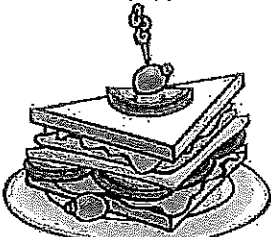



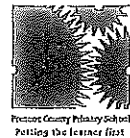
# Week 1


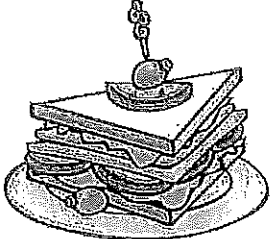

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Pizza Day</b> A selection of homemade pizza served with potato wedges. Choose from Cheese &amp; Tomato, Ham &amp; Pineapple or Pepperoni served with potato wedges</p>	<p><b>Braised Steak</b> Pieces of braising steak cooked slowly with onions in stock, served on a bed of homemade mashed potatoes and gravy</p>	<p><b>Cowboy Chicken</b> Pieces of fresh chicken marinated in honey, lemon and garlic, then roasted in the oven and served with savoury rice</p>	<p><b>Roast Dinner</b> Choose from home roasted leg of pork or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy</p>	<p><b>Fish 'Fry-day'</b> Choose from a battered cod fillet, breaded cod fillet fingers, salmon fishcake or vegetable nuggets all served with chips</p>
	<p><b>Or</b> <b>Tomato &amp; Feta Tart</b> Puff pastry topped with pesto, sliced tomatoes &amp; crumbled feta</p>			
<b>Served with</b>				
<b>Sweetcorn &amp; Salad</b>	<b>Green Beans &amp; Carrots</b>	<b>Mini Corn Cobs</b>	<b>Carrot &amp; Swede &amp; Cabbage</b>	<b>Peas or Baked Beans</b>
or				
<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>				
or				
<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>A selection of Ice Cream</b>	<b>Iced Fingers</b>	<b>Shortbread</b>	<b>Flapjack</b>	<b>Banana Chocolate Cake</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><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>				

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Spaghetti Bolognese</b> Choose from fresh minced beef or Quorn mince cooked with onions, garlic, tomatoes, mushrooms and herbs, served on a bed of spaghetti</p>	<p><b>Hotpot</b> Chunks of fresh beef, cooked with onions, carrots and potatoes in stock and topped with a pastry crust served with crusty bread</p>	<p><b>Curry Day</b> Choose from fresh pieces of chicken or Quorn cooked with onions, garlic, ground ginger, cumin, coriander, turmeric, coconut milk and stock both served on a bed of rice with Naan bread</p>	<p><b>Roast Dinner</b> Choose from either a home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy</p>	<p><b>Fish 'Fry-day'</b> Choose from a battered cod fillet, breaded cod fillet fingers, salmon 'dish of the day' or vegetable nuggets all served with chips</p>
	<p><b>Or</b> <b>Cheese Flan</b> A homemade pastry case filled with seasoned eggs, cheese and onions, served with diced potatoes</p>			
<b>Served with</b>				
<b>Broccoli</b>	<b>Beetroot &amp; Red Cabbage</b>	<b>Green Beans</b>	<b>Carrot &amp; Cauliflower</b>	<b>Peas or Baked Beans</b>
<b>Or</b>				
<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>				
<b>or</b>				
<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>A selection of Ice Cream</b>	<b>Cornflake Cake</b>	<b>Fruit &amp; Jelly</b>	<b>Cookies</b>	<b>Chocolate Brownie &amp; Strawberries</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>Smothered Chicken</b> Choose from a fresh chicken breast or a Quorn fillet, topped with BBQ sauce and cheese and baked in the oven. Served with new potatoes</p>	<p><b>Shepherd's Pie</b> Choose from fresh minced lamb or veg mince cooked with onions, tomatoes, herbs and stock then topped with a mashed potato</p>	<p><b>Roast Dinner</b> Choose from either home roasted breast of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes &amp; gravy</p>	<p><b>Fish 'Fry-day'</b> Choose from a battered cod fillet, breaded cod fillet fingers or sweet chilli salmon fillet, all served with chips</p>
<b>Served with</b>				
Mixed Cabbage & Peas	Salad	Broccoli & Cauliflower	Green Beans & Carrots	Peas & Baked Beans
or				
<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>				
or				
<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>				
A selection of Ice Cream	Melting Moments	Fruit Crumble & Custard	Chocolate Muffins	Iced Sponge
<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>				