
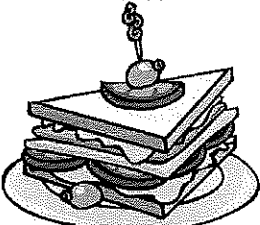



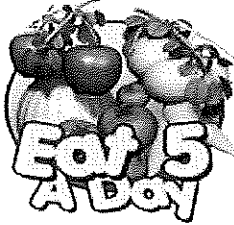
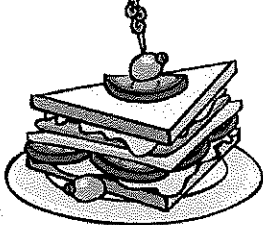
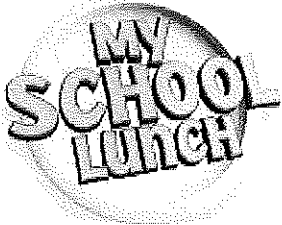
Week 1

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</p>	<p>Shepherd's Pie Choose from fresh minced lamb or Vegimince cooked with onions, carrots, tomatoes and herbs and topped with a root vegetable mash</p>	<p>Mac 'N' Cheese Macaroni pasta served in a homemade cheese sauce with or without a slice of smoked bacon</p>	<p>Roast Dinner Choose from home roasted leg of pork or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy</p>	<p>Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers, salmon fishcake or vegetable nuggets all served with chips</p>
		<p>Tuna Pasta Bake Pasta mixed with a homemade tomato sauce and tuna, topped with cheese and baked in the oven</p>		
Served with				
Coleslaw & Green Salad	Beetroot	Peas	Carrots & Cabbage	Peas or Baked Beans
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				
A selection of Ice Cream	Rice Pudding	Flapjack	Iced Sponge	Chocolate Cookies
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>				



Week2


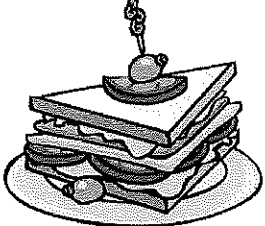



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot Dogs Choose from butcher's quality sausages or Quorn sausages oven baked and served in a finger roll</p>	<p>Teriyaki Noodles Choose from fresh chicken pieces or Quorn pieces cooked with vegetables and noodles in a teriyaki sauce</p>	<p>Fruity Curry Choose from fresh minced beef or Vegimince cooked with onions, curry powder, apple, raisin's and coconut milk, served on a bed of rice with a Naan bread</p>	<p>Roast Dinner Choose from either home roasted breast of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy</p>	<p>Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers, salmon 'dish of the day' or vegetable nuggets all served with chips</p>
Served with				
Baked Beans Or Salad	Green Beans	Broccoli	Carrots & Cauliflower	Peas or Baked Beans
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				
A selection of Ice Cream	Chocolate Sponge with Cream	Melting Moments	Fresh Fruit Meringues	Carrot Cake Cookies
<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>				



Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spaghetti Bolognese Choose from fresh minced beef or Vegimince cooked with onions, garlic, tomatoes and herbs served on a bed of spaghetti pasta</p>	<p>Homemade Pasties Choose from a traditional meat and potato or cheese and onion pasty served with crusty bread</p>	<p>Southern Style Chicken Choose from fresh boneless chicken thighs or Quorn strips, marinated in yogurt with spices, then tossed in season flour and oven baked and served with a savoury rice</p>	<p>Roast Dinner Choose from either a home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy</p>	<p>Fish 'Fry-day' Choose from a battered cod fillet, breaded cod fillet fingers or sweet chilli salmon fillet, all served with chips</p>
Served with				
Broccoli	Salad & Coleslaw	Corn on the Cob	Carrots & Cauliflower	Peas & Baked Beans
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				
A selection of Ice Cream	Shortbread	Chocolate Muffins	Vanilla Sponge & Strawberry Mouse	Orange Biscuits
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 freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple, orange or cranberry or water.				