
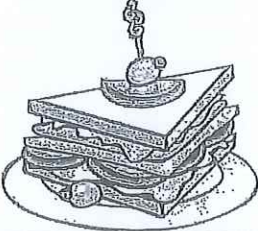





# Week 1






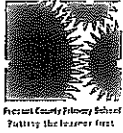
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Pizza Day</b> A selection of homemade pizza served with potato wedges. Choose from Cheese &amp; Tomato, Ham &amp; Pineapple or Pepperoni</p>	<p><b>Cowboy Chicken</b> Choose from fresh chicken pieces or Quorn pieces marinated in honey, lemon and garlic, then roasted in the oven and served with savoury rice</p>	<p><b>Lasagne</b> Choose from either fresh minced beef or Quorn mince cooked with onions, garlic and tomatoes, then layered between lasagne sheets and topped with a Béchamel sauce</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>
<i>Served with</i>				
Coleslaw & Beans	Mini Corn Cobs	Salad	Carrots & Cabbage	Peas or Baked Beans
<i>or</i>				
<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>				
<i>or</i>				
<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>				
  				
<i>And for dessert</i>				
A selection of Ice Cream	Melting Moments	Cupcake	Iced Fingers	Chocolate Brownie's
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
<i>And, finally a drink</i>				
<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>				



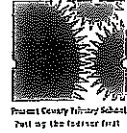
## Week 2


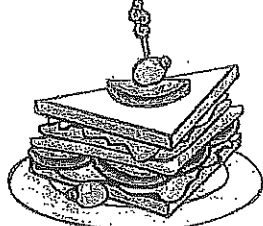



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Sausage &amp; Mash</b> Choose from either a butcher's quality sausage or a Quorn sausage served on a bed of homemade mashed potato with gravy</p>	<p><b>Beef Stew</b> Chunks of beef cooked slowly with onions, carrots, leeks and potatoes in stock until a rice gravy is formed (A vegetarian option is available)</p>	<p><b>Pulled Pork</b> Slow cooked shoulder of pork with onions, garlic and spices then shredded and mixed with BBQ sauce and served with Apple coleslaw and savoury rice</p> <p style="text-align: center;">or</p> <p><b>Marinated Quorn Fillet</b> A Quorn fillet marinated in BBQ sauce and served with Apple coleslaw and savoury rice</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, salmon 'dish of the day' or vegetable nuggets all served with chips</p>
<b>Served with</b>				
Peas	Broccoli	Apple Coleslaw	Carrots & Cauliflower	Peas or 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>				
<div style="display: flex; justify-content: space-around; align-items: center;">    </div>				
<b>And for dessert</b>				
A selection of Ice Cream	Chocolate Cookies	Jelly	Flapjack	Lemon Drizzle Cake
<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>Shepherd's Pie</b> Choose from fresh minced lamb or Vegimince cooked with onions, carrots, tomatoes and herbs and topped with a root vegetable mash</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>Homemade Pie Day</b> Choose from Chef's Pie of the Day or Cheese Pie both served with homemade mashed potatoes</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 or sweet chilli salmon fillet, all served with chips</p>
<i>Served with</i>				
Beetroot	Green Beans	Mushy Peas	Carrots & Cauliflower	Peas & Baked Beans
<i>or</i>				
<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>				
<i>or</i>				
<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>				
<div style="display: flex; justify-content: space-around; align-items: center;">    </div>				
<i>And for dessert</i>				
A selection of Ice Cream	Rice Crispy Cake	Shortbread	Chocolate Muffin	Iced Sponge
<p>Fresh Fruit, Fruit Pots, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</p>				
<i>And, finally a drink</i>				
<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>				

