

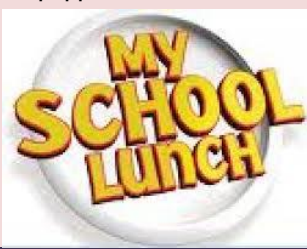








Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Mash Choose from a butchers quality sausage or quorn sausage served on a bed of creamy mashed potato with gravy	Sweet Chilli Chicken A fresh chicken fillet seasoned and drizzled with sweet chilli sauce and baked in the oven served with new potatoes	Roast Dinner Choose from home roasted topside of beef or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy	Mince Cobbler Fresh beef mince cooked with mushrooms and peas, topped with dough cobbles and baked in the oven until golden and served with mashed potato	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				
Peas	Sweetcorn	Green Beans & Carrots	Broccoli	Baked Beans
or				
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)				
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, 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.				
  				
And for dessert				
Iced Sponge	Chocolate Brownies	A Selection of Muffins	Jelly & Ice Cream	Ginger Cake & Custard
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.				

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Bar Choose your past: <i>Spaghetti or Spirals</i> Choose your sauce: <i>Bolognaise, Tomato & Basil or Cheese</i> Choose you topping: <i>Grated Cheddar, Sliced Chicken or Ham</i>	Pulled Pork A shoulder of pork marinated in spices and slowly cooked on a bed of onions and garlic, shredded then mixed with a little BBQ sauce served with mashed potato	Roast Dinner Choose from either home roasted breast of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy	Burger Day Choose from a fresh minced beef burger or a fresh chicken fillet coated in breadcrumbs and baked in the oven and served on a bun with coleslaw	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
Served with				
Broccoli	Peas	Carrot and Swede and/or Cabbage	Sweetcorn	Peas or Baked Beans
or				
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)				
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, 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.				
  				
And for dessert				
Marble Cake	Chocolate Crunch	Flapjack	Melting Moments	Chocolate Sponge and Chocolate Custard
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.				

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Day A selection of homemade pizza Choose from Cheese & Tomato, Ham & Pineapple or Pepperoni	Creamy Chicken Curry Fresh pieces of chicken breast cooked with cumin, coriander, turmeric, ground ginger, garlic, coconut milk and natural yogurt. Served on a bed of brown rice with Naan bread	Roast Dinner Choose from either home roasted joint of gammon or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy	Cowboy Pie A pastry case filled with sausage meat baked in the oven and topped with baked beans served with mashed potato	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				
Sweetcorn	Broccoli	Cauliflower & Carrots	Green Beans	Peas and Baked Beans
or				
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)				
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, 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.				
  				
And for dessert				
Chocolate Surprise Cake	Shortbread	Rice Pudding	A Selection of Cookies	Bakewell Sponge
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.				