
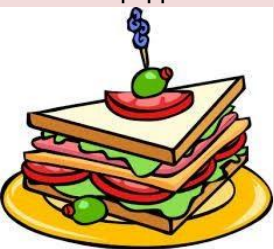


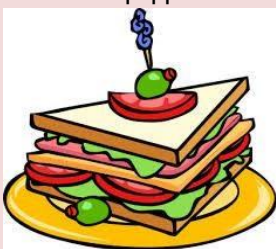




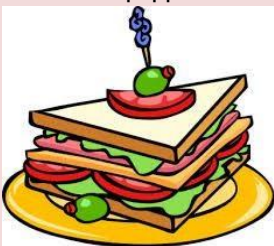

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Day A selection of homemade pizza Choose from Cheese & Tomato, Ham & Pineapple or Pepperoni	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	Roast Dinner Choose from home roasted topside of beef or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy	Cornflake Chicken Fresh chicken breast coated in crushed cornflakes and baked in the oven until golden and served with rice	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	Green Beans & Carrots	Peas	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	Gingerbread Biscuits	Toffee Cornflake Cake and 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>	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 dry roasted potato wedges	Roast Dinner Choose from either home roasted breast of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy	Meatballs Pork and beef mince meatballs, seasoned and baked in the oven, served in a homemade tomato and herb sauce on a bed of spaghetti	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	Sweetcorn	Carrot and Swede and/or Cabbage	Green Beans	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	Melting Moments	Flapjack	Jelly & Cream	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
Sausage & Mash Choose from a butchers quality sausage or quorn sausage served on a bed of creamy mashed potato with gravy	Chicken Curry Fresh chicken breast cooked with cumin, coriander, turmeric, ground ginger, garlic, coconut milk and natural yoghurt 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	Donner Kebab Fresh lamb mince combined with herbs and spices and baked in the oven served in a pitta pocket with mayonnaise and/or sweet chilli sauce	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	Broccoli	Cauliflower and Carrots	Mini Corn Cobs	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	Apple Puffs
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.				

