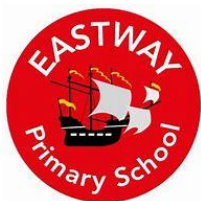


Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pizza A homemade pizza with a Cheese & Tomato topping	Sausage & Mash Choose from a butcher's quality sausage or Quorn sausage served on a bed of creamy mashed potato with gravy	Roast Dinner Choose from home roasted topside of beef or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy	Lasagne Fresh minced beef or Veggie-mince cooked with onions, garlic, tomatoes, and herbs, layered between lasagne pasta sheets, and topped with a béchamel sauce. Served with herby bread	Fish 'Fry-day' A battered cod fillet baked in the oven & served with chips
Served with				
Sweetcorn	Peas	Carrots	Broccoli	Peas
And for dessert				
Iced Sponge	A Selection of Cookies	A Selection of Muffins	Flapjack	Chef's Cake
And Finally, a drink				
Fresh fruit juice or water will be available daily.				

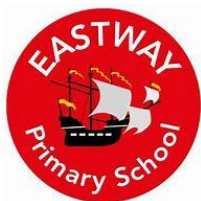


RPJ3 Group
Facilities & Foodservice
Consultancy and Audit



Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs Fresh beef meatballs or Quorn balls baked in the oven and served with spaghetti and a homemade tomato sauce	Burger Day Choose from a fresh minced beef burger or a vegetarian burger served on a bun with coleslaw and jacket potato wedges	Roast Dinner Choose from either home roasted breast of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy	Creamy Chicken Curry Choose from fresh pieces of chicken breast or Quorn pieces cooked with cumin, coriander, turmeric, ground ginger, garlic, coconut milk and natural yogurt. Served on a bed of rice with Naan bread	Fish 'Fry-day' Breaded cod fillet fingers baked in the oven & served with chips
Served with				
Broccoli	Sweetcorn	Carrots	Sweetcorn	Baked Beans
And for dessert				
A selection of Cookies	Chocolate Brownie	Crispy Cake	Shortbread	Chef's Cake
And Finally, a drink				
Fresh fruit juice or water will be available daily.				



Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognaise Minced beef cooked with onions, garlic, tomatoes, mushrooms and herbs. Served on a bed of spaghetti	Chicken Strips Fresh chicken strips or Quorn strips coated in breadcrumbs and baked in the oven served on a bed of rice with a choice of sauces	Roast Dinner Choose from either home roasted joint of gammon or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy	Mince Pie Fresh beef mince or veggie-mince cooked with onions and carrots topped with a pastry lid and baked in the oven served with mashed potato	Fish 'Fry-day' A battered cod fillet baked in the oven & served with chips
Served with				
Sweetcorn	Peas	Carrots	Green Beans	Peas
And for dessert				
Iced Buns	Melting Moments	Chocolate Crunch	Flapjack	Chef's Cake
And Finally, a drink				
Fresh fruit juice or water will be available daily.				