



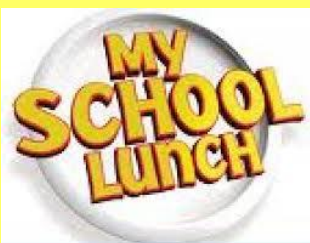
Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Chow Mein Chicken strips or Quorn strips cooked with onions garlic, red peppers, soy sauce and rice</p>	<p>Sausage and Mash Choose from a butcher's quality sausage or a Quorn served on a bed of homemade mash with gravy.</p>	<p>Chicken pasta bake Fresh chicken or Quorn pieces and pasta spirals coated in a tomato and basil sauce, then topped with cheese and baked in the oven</p>	<p>Roast Dinner Choose from home roasted breast of turkey or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy.</p>	<p>Fish or Chicken nuggets & Chips Choose from either Breaded cod fillet fingers or Chicken nuggets, baked in the oven & served with chips.</p>
Served with				
Mixed Salad	Green Beans	Sweetcorn	Cabbage & Carrots	Peas or Baked Beans
<i>or</i>				
Jacket potatoes served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)				
<i>or</i>				
Pasta & Deli Bar - Available Everyday Design your own sandwich or pasta pot, either choose your bread – wraps or assorted batch, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, turkey, or choose pasta with a variety of toppings available and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.				
				
And for dessert				
Syrup Sponge & Custard	Iced sponge cake	Chocolate Brownie	Jelly & Cream	Ice Cream
Fresh Fruit, 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 water.</p>				

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mince & Mash Fresh mince beef or Quorn mince, cooked with onions, carrots, and stock, served with homemade mashed potatoes</p>	<p>Creamy Chicken Curry Choose from fresh chicken pieces or Quorn pieces cooked with onions in a mild spiced sauce served on a bed of rice with Naan bread</p>	<p>Meatballs Choose from either Beef or Quorn meatballs served in a tomato & basil sauce with pasta</p>	<p>Roast Dinner Choose from either home roasted joint of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy</p>	<p>Fish or Chicken nuggets & Chips Choose from either Breaded cod fillet fingers or Chicken nuggets, baked in the oven & served with chips.</p>
Served with				
Broccoli	Peas	Sweetcorn	Carrot and Swede or Cabbage	Peas or Baked Beans
<i>or</i>				
<p>Jacket potatoes 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>				
<i>or</i>				
<p>Pasta & Deli Bar - Available Everyday Design your own sandwich or pasta pot, either choose your bread – wraps or assorted batch, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, turkey or choose pasta with a variety of toppings available and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
				
And for dessert				
Chocolate Cake with Chocolate Sauce	Melting moments	Raspberry muffins	Jelly & cream	Ice Cream
Fresh Fruit, 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 water.</p>				

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Day A selection of pizza. Choose from Cheese & Tomato, Ham & Pineapple or Pepperoni served with tomato and basil pasta	Chicken Burger Choose from either a chicken or Quorn burger served in a bun with fresh diced potatoes	Pasta Bolognaise Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, and herbs, served on a bed of pasta.	Roast Dinner Choose from either a chicken or Quorn fillet served with roast potatoes, Yorkshire pudding and gravy.	Fish or Chicken nuggets & Chips Choose from either Breaded cod fillet fingers or Chicken nuggets, baked in the oven & served with chips.
Served with				
Corn on the cob	Mixed salad	Mixed salad	Cauliflower & Carrots	Peas and Baked Beans
<i>or</i>				
Jacket potatoes served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available)				
<i>or</i>				
Pasta & Deli Bar - Available Everyday Design your own sandwich or pasta pot, either choose your bread – wraps or assorted batch, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, turkey or choose pasta with a variety of toppings available and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.				
				
And for dessert				
Jam Sponge & custard	Choc chip cookies	Iced finger	Jelly & Cream	Ice Cream
Fresh Fruit, 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 water.				