







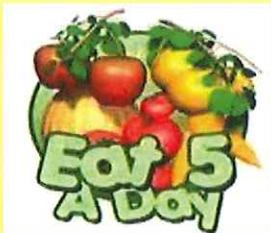


**WEEK I**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Pizza Day</b> A selection of homemade pizza served with dry roasted potato wedges. Choose from Cheese &amp; Tomato, Ham or Pepperoni</p>	<p><b>Homemade Chicken Nuggets</b> Pieces of fresh chicken coated in breadcrumbs and baked in the oven until golden, served with new potatoes</p>	<p><b>Gammon &amp; Pineapple</b> Fresh gammon steak oven cooked and topped with a pineapple ring, served with roast potatoes</p>	<p><b>Meatballs</b> Fresh minced pork simply seasoned with salt, pepper and garlic, served in a homemade tomato sauce with pasta (Quorn balls will be served as a vegetarian alternative)</p>	<p><b>Fish &amp; Chips</b> Choose from either breaded cod fillet fingers or a salmon fillet baked in the oven and served with chips</p>
Served With				
Salad	Peas	Cauliflower & Carrot & Swede	Green Beans	Peas or Baked Beans
or				
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)				
or				
Deli Bar - Available Every Day				
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 & Peppers.				
				
And for dessert				
Ginger Snaps	Iced Fingers	Jelly	Meringues	Cheeky Lemon Drizzle Cake
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 - fresh fruit juice – apple or orange or water.				

**WEEK 2**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Burger Bar</b> Choose from a homemade beef burger or a spicy beanburger served in a bun with dry roasted potato wedges</p>	<p><b>Curry Bar</b> Choose from either creamy chicken curry or sweet potato and lentil curry, served on a bed of rice with naan bread</p>	<p><b>Roast Dinner</b> Choose from either a home roasted boneless leg of pork or a Quorn fillet, served with apple sauce, Yorkshire pudding, roast potatoes and gravy</p>	<p><b>Cottage Pie</b> Fresh minced beef cooked with onions, carrots and beef stock and topped with creamy mashed potato and baked in the oven.</p>	<p><b>Fish &amp; Chips</b> Choose from either a battered cod fillet or a salmon fillet, baked in the oven and served with chips</p>
Served With				
<b>Sweetcorn</b>	<b>Broccoli</b>	<b>Carrot &amp; Shredded Cabbage</b>	<b>Broccoli</b>	<b>Peas or Baked Beans</b>
or				
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)				
or				
Deli Bar - Available Every Day				
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 & Peppers.				
				
And for dessert				
<b>Ice Cream</b>	<b>Cherry Bakewell</b>	<b>Carrot Cake</b>	<b>Banoffee Muffins</b>	<b>Chocolate Brownie</b>
<b>Fresh Fruit, Fruit Pots, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</b>				
And Finally a drink				
A selection of the following drinks will be available daily freshly made milkshakes - fresh fruit juice – apple or orange or water.				

**WEEK 3**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Sausage &amp; Mash</b> Choose from either a fresh butchers sausage or a Quorn sausage served with a homemade mashed potato and gravy</p>	<p><b>Spaghetti Bolognese</b> Choose from either fresh minced beef or Vegimince, cooked with onions, garlic, tomatoes, mushrooms and herbs, served on a bed of spaghetti</p>	<p><b>Steak Pie</b> Steak cooked slowly in stock with onions, encased in pastry and baked in the oven until golden. Served with roast potatoes and gravy</p>	<p><b>Hunters Chicken</b> A chicken fillet topped with barbeque sauce and cheese and baked in the oven, served with new potatoes</p>	<p><b>Fish &amp; Chips</b> Choose from either a Breaded cod fillet fingers or a salmon fillet, all baked in the oven &amp; served with chips</p>
<i>Served With</i>				
<b>Peas</b>	<b>Green Beans</b>	<b>Cabbage And/or Carrots &amp; Swede</b>	<b>Broccoli</b>	<b>Peas And/or Baked Beans</b>
<i>or</i>				
<i>Jacket Potatoes</i>				
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>				
<i>Deli Bar - Available Every Day</i>				
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 & Peppers.				
				
<i>And for dessert</i>				
<b>Chocolate &amp; Banana Cookies</b>	<b>Flapjack</b>	<b>Shortbread</b>	<b>Mousse</b>	<b>Melting Moments</b>
<b>Fresh Fruit, Fruit Pots, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</b>				
<i>And Finally a drink</i>				
A selection of the following drinks will be available daily freshly made milkshakes - fresh fruit juice – apple or orange or water.				