




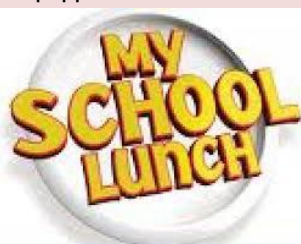





Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Burger Day Choose from a butchers quality beef burger or vegetarian burger, baked in the oven and served on a bun with potato wedges	Bacon Mac & Cheese Macaroni pasta mixed with a cheese sauce topped with bacon and cheese, baked in the oven until golden	Roast Dinner Choose from either home roasted joint of pork or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy	Creamy Chicken Curry Pieces of freshly cooked chicken in a creamy curry sauce.	Fish 'Fry-day' Choose from a battered cod fillet or breaded cod fillet fingers all baked in the oven & served with chips
	Or			
	Macaroni Cheese Macaroni pasta mixed with a cheese sauce topped with cheese, baked in the oven until golden			
Served with				
Sweetcorn	Peas	Carrot & Swede and/or Broccoli	Green Beans	Peas or Baked Beans
or				
Jacket potatoes served with a side salad are also available daily – choose from a variety of fillings				
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.				
<div></div>				
And for dessert				
Choose from a piece of Home Bakery, Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers.				

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Mash Choose from butchers quality sausages or Quorn sausages baked in the oven and served on a bed of mashed potato with gravy	Sweet & Sour Chicken Pieces of fresh chicken served in a homemade sweet & sour sauce served on a bed of rice	Roast Dinner Choose from either home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy	Pasta Bolognaise Minced beef cooked with onions, garlic, tomatoes, mushrooms, and herbs served on a bed of pasta	Fish ‘Fry-day’ Choose from a battered cod fillet or breaded cod fillet fingers all baked in the oven & served with chips
	Or		Or	
	3 Bean Chilli Quesadilla A Mexican 3 bean chilli served between 2 tortilla wraps with cheese and baked in the oven until golden served with rice		Cauliflower & Broccoli Pasta Bake Cauliflower and broccoli florets covered in a creamy cheese sauce and mixed with pasta, baked in the oven until golden	
Served with				
Garden Peas	Sweetcorn	Carrot and Swede and/or Broccoli	Green Beans	Peas or Baked Beans
or				
Jacket potatoes served with a side salad are also available daily – choose from a variety of fillings				
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.				
<div></div> <div></div> <div></div>				
And for dessert				
Choose from a piece of Home Bakery, Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers.				
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
<p>Pizza Day</p> <p>A selection of homemade pizza, choose from:</p> <p>Cheese & Tomato or Pepperoni served with pasta spirals</p>	<p>Cottage Pie</p> <p>Minced beef onions carrots and stock topped with mashed potatoes</p>	<p>Roast Dinner</p> <p>Choose from either home roasted joint of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy</p>	<p>BBQ Chicken</p> <p>Choose from fresh chicken pieces or Quorn pieces cooked in a homemade BBQ sauce and served on a bed of rice</p>	<p>Fish 'Fry-day'</p> <p>Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven & served with chips</p>
Served with				
Sweetcorn	Cabbage & Beetroot	Carrot and Swede and/or Broccoli	Peas	Peas or Baked Beans
or				
<p>Jacket potatoes</p> <p>served with a side salad are also available daily – choose from a variety of fillings</p>				
or				
<p>Deli Bar - Available Everyday</p> <p>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.</p>				
  				
And for dessert				
Choose from a piece of Home Bakery, Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers.				
And finally, a drink				
<p>A selection of the following drinks will be available daily</p> <p>freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple, orange or cranberry or water.</p>				