
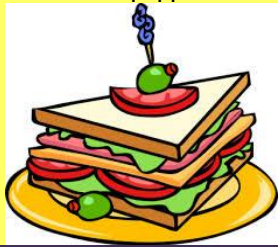









# Week 1

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| <p><b>Pizza Day</b><br/>A selection of homemade pizza, choose from: Cheese &amp; Tomato, Ham &amp; Pineapple or Pepperoni served with homemade potato wedges</p>   | <p><b>Chilli Nachos</b><br/>Choose from fresh minced beef or Vegemince cooked with onions, tomatoes and beans with a mild chilli powder, topped with crushed tortilla chips and cheese and baked in the oven and served on a bed of rice</p> | <p><b>Burger Day</b><br/>Choose from a homemade beef and pork burger or a spicy bean burger, served on a bun with relish and salad. Served with homemade potato wedges</p> | <p><b>Roast Dinner</b><br/>Choose from either home roasted Gammon or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy</p> | <p><b>Fish 'Fry-day'</b><br/>Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven &amp; served with chips</p> |
| <b>Served with</b>   |  |  |  |   |
| <b>Sweetcorn</b>   | <b>Broccoli</b>  | <b>Peas</b>  | <b>Carrot &amp; Swede<br/>And<br/>Cabbage</b>  | <b>Peas<br/>or<br/>Baked Beans</b>  |
| or   |  |  |  |   |
| <p><b>Jacket potatoes &amp; Panini's</b><br/>served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey &amp; baked beans (when available)</p>  |  |  |  |   |
| or   |  |  |  |   |
| <p><b>Deli Bar - Available Everyday</b><br/>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> |  |  |  |   |
|      |  |  |  |   |
| <b>And for dessert</b>   |  |  |  |   |
| <b>Flapjack and Custard</b>  | <b>Raspberry Buns</b>  | <b>Steamed Jam<br/>Sponge and Custard</b>  | <b>Cookies</b>   | <b>Iced Chocolate<br/>Sponge</b>  |
| Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.  |  |  |  |   |
| <b>And Finally a drink</b>   |  |  |  |   |
| <p>A selection of the following drinks will be available daily<br/>freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange or water.</p>  |  |  |  |   |

# Week 2

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| <p><b>Sausages and Mash</b><br/>Choose from a fresh butcher's quality sausage or a Quorn sausage served with homemade mashed potatoes and gravy</p>  | <p><b>Smothered Chicken</b><br/>Choose from fresh chicken or a Quorn fillet topped with a homemade barbeque sauce and cheese and baked in the oven until golden and melted. Served on a bed of savoury rice</p> | <p><b>Spaghetti Bolognaise</b><br/>Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, mushrooms and herbs, served on a bed of spaghetti</p> | <p><b>Roast Dinner</b><br/>Choose from a home roasted topside of beef or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy</p> | <p><b>Fish 'Fry-day'</b><br/>Choose from a battered cod fillet, breaded cod fillet fingers or a homemade salmon fishcake, all baked in the oven &amp; served with chips</p> |
| <b>Served with</b>   |   |  |   |   |
| <b>Peas</b>  | <b>Green Beans</b>  | <b>Broccoli</b>  | <b>Carrots And Cauliflower</b>  | <b>Peas or Baked Beans</b>  |
| <i>or</i>  |   |  |   |   |
| <p><b>Jacket potatoes &amp; Panini's</b><br/>served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey &amp; baked beans (when available)</p>  |   |  |   |   |
| <i>or</i>  |   |  |   |   |
| <p><b>Deli Bar - Available Everyday</b><br/>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> |   |  |   |   |
|   |    |    |   |   |
| <b>And for dessert</b>   |   |  |   |   |
| <b>Selection of Ice Cream</b>  | <b>Chocolate Sponge and Chocolate Custard</b>   | <b>Iced Fingers</b>  | <b>Melting Moments</b>  | <b>Jelly and Cream</b>  |
| <p><b>Fresh Fruit, Fruit Pots, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</b></p>  |   |  |   |   |
| <b>And Finally a drink</b>   |   |  |   |   |
| <p><b>A selection of the following drinks will be available daily</b><br/>freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange or water.</p>   |   |  |   |   |

# Week 3

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| <p><b>Mince and Mash</b><br/>Choose from fresh minced beef or Vegemince cooked with onions, carrots and stock and served with a homemade mashed potato and gravy</p>   | <p><b>Marinated Chicken</b><br/>Pieces of fresh chicken marinated in either a homemade barbeque sauce or honey, lemon &amp; garlic served on a bed of fried style vegetable rice<br/><small>(Quorn fillets will be used as a vegetarian alternative)</small></p> | <p><b>Hotpot</b><br/>Chunks of fresh lamb and beef, onions, leeks, carrot and swede then topped with sliced potatoes, covered in stock and braised in the oven and served with crusty bread and pickles</p> | <p><b>Roast Dinner</b><br/>Choose from either a home roasted breast of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes &amp; gravy</p> | <p><b>Fish 'Fry-day'</b><br/>Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven &amp; served with chips</p> |
| <b>Served with</b>   |  |   |  |   |
| <b>Peas</b>  | <b>Broccoli</b>  | <b>Green Beans</b>  | <b>Carrot &amp; Swede And Cabbage</b>  | <b>Peas and Baked Beans</b>   |
| <i>or</i>  |  |   |  |   |
| <p><b>Jacket potatoes &amp; Panini's</b><br/>served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey &amp; baked beans (when available)</p>  |  |   |  |   |
| <i>or</i>  |  |   |  |   |
| <p><b>Deli Bar - Available Everyday</b><br/>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> |  |   |  |   |
| <div style="display: flex; justify-content: space-around; align-items: center;">    </div>   |  |   |  |   |
| <b>And for dessert</b>   |  |   |  |   |
| <b>Paris Sandwich and Custard</b>  | <b>Shortbread</b>  | <b>Sticky Toffee Pudding and Custard</b>  | <b>Meringues with Cream and Strawberries</b>   | <b>Homemade Hobnobs</b>   |
| <p>Fresh Fruit, Fruit Pots, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</p>   |  |   |  |   |
| <b>And Finally a drink</b>   |  |   |  |   |
| <p><b>A selection of the following drinks will be available daily</b><br/>freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange or water.</p>   |  |   |  |   |