








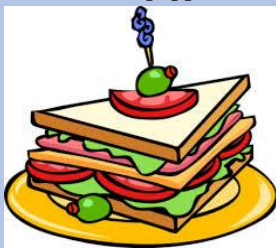

# Week 1

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <b>Spaghetti Bolognese</b><br>Choose from minced beef or Quorn pieces cooked in a homemade tomato sauce and served with spaghetti and garlic bread.   | <b>Butchers Beef Burger</b><br>Choose from Quorn or beef burger served in a soft white barm and add cheese, pineapple or salad | <b>Creamy Chicken Curry</b><br>Choose from fresh chicken pieces or Quorn pieces cooked in a mildly spiced sauce served on bed of rice with Naan bread and mango chutney. | <b>Roast Dinner</b><br>Choose from home roasted breast of turkey or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy | <b>Fish &amp; Chips</b><br>Choose from Battered Cod or breaded cod fillet fingers or a salmon fish cake baked in the oven and served with chips<br><br>(vegetables nuggets served as the vegetarian alternative) |
| <i>Served with</i>  |  |  |  |  |
| <b>Mixed Fresh vegetables</b>   | <b>Peas or Baked beans</b>   | <b>Sweetcorn</b>   | <b>Carrot/Swede Savoy cabbage</b>  | <b>Garden Peas</b>   |
| <i>Or</i>   |  |  |  |  |
| <b>Jacket potatoes</b><br>served with a side salad are also available daily – choose from a variety of fillings cheese, tuna mayo, & baked beans (when available)   |  |  |  |  |
| <i>Or</i>   |  |  |  |  |
| <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, chicken and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, potato salad and mixed peppers. |  |  |  |  |
| <div></div> <div></div> <div></div>   |  |  |  |  |
| <i>And for dessert</i>  |  |  |  |  |
| <b>Meringues with cream</b>   | <b>Iced Cup Cakes</b>  | <b>Cookies</b>   | <b>Jam or Lemon curd tarts</b>   | <b>Homemade Biscuits</b>   |
| <b>Fresh Fruit, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</b>  |  |  |  |  |
| <i>And finally, a drink</i>   |  |  |  |  |
| <b>A selection of the following drinks will be available daily</b><br><b>freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange and water.</b>  |  |  |  |  |

## Week 2

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| <b>Meatballs in Tomato Sauce</b><br>Choose from minced pork balls or Quorn balls served in a homemade tomato & red pepper sauce served with rice   | <b>Pizza Bar</b><br>A Homemade Cheese & Tomato Pizza. Choose your own topping of Ham, Pepperoni or pineapple. Served with potato wedges. | <b>Chicken Pasta</b><br>Choose from pieces of fresh chicken or Quorn pieces cooked in a homemade tomato sauce served with penne pasta and crusty bread. | <b>Roast Dinner</b><br>Choose from roasted boneless leg of Pork or a Quorn fillet served with homemade apple sauce, roast potatoes, Yorkshire pudding and gravy. | <b>Fish &amp; Chips</b><br>Choose from battered cod or cod fillet fingers or a salmon fishcake baked in the oven and served with chips<br><br>(vegetables nuggets served as the vegetarian alternative) |
| <i>Served with</i>   |  |   |  |   |
| <b>Fresh Broccoli</b>  | <b>Sweetcorn and/coleslaw</b>  | <b>Garden Peas</b>  | <b>Carrot &amp; Swede and/or Sliced Green Beans</b>  | <b>Peas or Beans</b>  |
| <i>Or</i>  |  |   |  |   |
| <b>Jacket potatoes</b><br>served with a side salad are also available daily – choose from a variety of fillings cheese, tuna mayo, & baked beans (when available)  |  |   |  |   |
| <i>Or</i>  |  |   |  |   |
| <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, chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, potato salad and peppers. |  |   |  |   |
|      |  |   |  |   |
| <i>And for dessert</i>   |  |   |  |   |
| <b>Chocolate Mousse</b>  | <b>Iced Fingers</b>  | <b>Ice Cream</b>  | <b>Flapjack</b>  | <b>Shortbread</b>   |
| Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.  |  |   |  |   |
| <i>And finally, a drink</i>  |  |   |  |   |
| A selection of the following drinks will be available daily<br>freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange and water.   |  |   |  |   |

## Week 3

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <b>All Day Breakfast</b><br>Choose from a Pork sausage, a slice of Bacon and scrambled eggs served with Crusty bread<br><br>(2 Quorn sausages served as the vegetarian alternative)  | <b>Pasta Bar</b><br>Select your pasta, then your sauce and finish with your toppings.<br>Choose from<br><b>Sauces</b> - Tomato & basil or Bolognese sauce<br><b>Toppings</b> – ham, Pepperoni, tuna, cheese, sweetcorn, mushrooms, peppers,<br>Served with garlic bread. | <b>Chicken Breast Goujons in breadcrumbs</b><br>Served with gratin sliced potatoes. | <b>Roast Dinner</b><br>Choose from either home roasted topside of beef or roast turkey breast or Quorn fillet served with roast potatoes, Yorkshire pudding and gravy. | <b>Fish &amp; Chips</b><br>Choose from battered cod fillet or cod fillet fingers or a salmon fishcake baked in the oven and served with chips<br><br>(vegetables nuggets served as the vegetarian alternative) |
| <i>Served with</i>   |  |   |  |  |
| <b>Baked beans and/or Mushrooms</b>  | <b>Mini Corn cobs and/or coleslaw</b>  | <b>Broccoli and/or Spaghetti rings</b>  | <b>Sliced Carrots and/or Broccoli</b>  | <b>Garden Peas</b>   |
| <i>Or</i>  |  |   |  |  |
| <b>Jacket potatoes</b><br>served with a side salad are also available daily – choose from a variety of fillings cheese, tuna mayo, & baked beans (when available)  |  |   |  |  |
| <i>Or</i>  |  |   |  |  |
| <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, chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, potato salad or savoury rice salad and mixed peppers. |  |   |  |  |
|      |  |   |  |  |
| <i>And for dessert</i>   |  |   |  |  |
| <b>Lemon Drizzle Cake</b>  | <b>Jelly &amp; Cream</b>   | <b>Cookies</b>  | <b>Chocolate Sponge cakes</b>  | <b>Ice cream</b>   |
| Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.  |  |   |  |  |
| <i>And finally, a drink</i>  |  |   |  |  |
| A selection of the following drinks will be available daily<br>freshly made milkshakes - chocolate, strawberry or banana, fresh fruit juice – apple or orange and water.   |  |   |  |  |