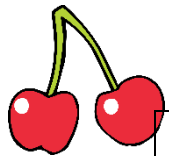
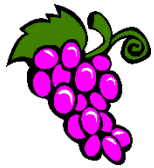


	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Pepperoni Pizza (2,7)	Mince Bolognese (7)	Roast Turkey and Stuffing	Beef Burger (2,13)	Battered Fish (2,5) Fish cake (2,5)
Option two	Cheese Pizza (2,7)	Mac'N'Cheese (2,7)	Quorn Sausage and Stuffing	Quorn Southern Style Burger (2,4,7)	Quiche (2)
Option three	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)
Option four	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham
Fresh salad	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar
Vegetables	Baked Beans	Broccoli & sweetcorn	Seasonal Vegetables	Baked Beans & Sweetcorn	Garden Peas
Carbohydrates	Wedges (2)	Garlic Bread (2,7) Pasta (2)	Roast Potatoes  Yorkshire Pudding (2,4,7)	Potato Twists (2)	Chips Bread & Butter (2,7)
Dessert	Iced Sponge and Custard (2,4,7)	Rainbow Cookies (2,4,7,13)	Jam and Cream Cupcakes (2,4,7)	Chocolate Crunch & Strawberry Custard (2,4,7)	Mixed Cupcakes (2,4,7)

Assorted sandwiches and jacket potatoes served with unlimited vegetables or salad to accompany the meals- freshly prepared salad bar & Bread daily (2,4,5,7,13) Yoghurt (7) and fruit are available daily as a choice of dessert. Fresh water & Milk (7)

GLUTEN FREE OPTIONS AVAILABLE DAILY



	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Oven baked pork sausages	Chicken Tikka Curry (7)	Mince and Dumplings (2)	All Day Breakfast	Jumbo Fish fingers (2,5)
Option two	Oven baked Quorn Sausage (2)	Quorn Tikka Curry (7)	Quorn Mince and Dumplings (2,4)	Veggie All Day Breakfast	Fishless finger (2)
Option three	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)	Jacket potato (GF) Beans Tuna mayo (4,5) Grated cheese (7)
Option four	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham
Fresh Salad	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar
Vegetables	Seasonal Vegetables	Onion, peppers, mushroom	Seasonal Vegetables	Baked Beans, Tomatoes	Garden Peas
Carbohydrates	Creamed potatoes (7) Yorkshire Pudding (2,4,7)	Rice Naan Bread (2)	Roast Potatoes	Hash Browns Bread and Butter (2,7)	Chips Bread & Butter (2,7)
Dessert	Rice Pudding and Strawberry Jam (7)	Marble Sponge and Chocolate Custard (2,4,7)	Angel Delight (7)	Chocolate Chip Cookie (2,4,7)	Strawberry Jam Sponge and Custard (2,4,7)

Assorted sandwiches and jacket potatoes served with unlimited vegetables or salad to accompany the meals- freshly prepared salad bar & Bread daily (2,4,5,7,13) Yoghurt (7) and fruit are available daily as a choice of dessert. Fresh water & Milk (7)

GLUTEN FREE OPTIONS AVAILABLE DAILY

1 Celery	2 Cereals Containing Gluten	3 Crustaceans (such as prawns, crabs & lobsters)	4 Eggs
5 Fish	6 Lupin	7 Milk	8 Molluscs
9 Mustard	10 Nuts	11 Peanuts	12 Sesame Seeds
13 Soya		14 Sulphur Dioxide and Sulphites	