

MENU Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
					
Main Meal	Sausage and mash Served with seasonal veg and gravy.	Roast Dinner Served with Roast Potatoes, Veg & Yorkshire Pudding.	Chicken Tikka Curry Served with rice and naan bread.	Chicken & Veg Stir Fry Served with boiled rice	Chef Special Served with Veg of the day
Main Meal (v)	Vegetarian Quiche Served with beans.	Vegetarian sausages, Served with Yorkshire puddings, gravy and veg.	Vegetable curry Served with rice and naan bread.	Tomato pasta bake.	Battered fish Served with smoked paprika wedges and beans.
Deli Bar	Freshly made Sandwiches, Baguettes, Tortilla Wraps, Salads & Choice of Panini	Freshly made Sandwiches, Baguettes, Tortilla Wraps, Salads & Choice of Panini	Freshly made Sandwiches, Baguettes, Tortilla Wraps, Salads & Choice of Panini	Freshly made Sandwiches, Baguettes, Tortilla Wraps, Salads & Choice of Panini	Freshly made Sandwiches, Baguettes, Tortilla Wraps, Salads & Choice of Panini
Grab & Go	Meat Pasta Vegetable Pasta Hot Flavoured Chicken wrap Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Burger Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Sweet Chilli Chicken Noodles Wrap Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Chicken Fajita Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Chicken Strip Wrap Jacket Potatoes and Various Fillings
Dessert and Drinks	Vanilla Sponge Cake flapjack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Chocolate Sponge Cake Flapjack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Carrot Cake Flapjacks Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Victoria Sandwich Cake flapjack Fruit pots Fruit Juice Water Water/Flavoured Water Milk/flavoured milk Yoghurt	Vanilla Sponge Cake Flap Jack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt
Soup(v)	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day






Occasionally menus may be subject to change

MENU Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
					
<i>Main Meal</i>	Chicken and veg linguini.	Roast Dinner Served with Roast Potatoes, veg & Yorkshire Pudding.	Chicken Tikka Masala Served with rice & naan bread	Chilli Con Carne Served with boiled rice	Chef Special Served with veg of the day
<i>Main Meal (V)</i>	Vegetable linguini.	Vegetarian Roast Dinner	Vegetarian Curry served with rice & naan bread	Vegetarian Sausage, Tomato & Bean Casserole	Breaded fish Served with smoked paprika wedges and baked beans.
<i>Deli Bar</i>	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads
<i>Soup</i>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<i>Grab & Go</i>	Meat Pasta Vegetable Pasta Hot Flavoured Chicken wrap Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Burger Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Sweet Chilli Chicken Noodles Wrap Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Chicken Fajita Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Chicken Strip Wrap Jacket Potatoes and Various Fillings
<i>Dessert and Drinks</i>	Vanilla Sponge Cake Flap jacks Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Chocolate Sponge Cake flap jack Fruit pots Water/Flavoured Water Milk/flavoured milk Yoghurt	Carrot Cake Flapjack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Victoria Sandwich Sponge Flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Vanilla Sponge Cake flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt






Occasionally menus may be subject to change

MENU Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
					
Main Meal	Spaghetti Bolognese	Roast Dinner Served with Roast Potatoes, veg & Yorkshire Pudding.	Meaty Pasta Bake served with cheesy garlic bread	Caribbean Beef Stew served with rice and peas	Chef Special (h) Served with veg of the day
Main Meal (V)	Sautéed Herby Potatoes served with baked beans	Vegetarian Roast Dinner	Vegetarian Pasta Bake served with cheesy garlic bread	Vegetable fried rice	Breaded fish Served with paprika wedges and beans.
Deli Bar	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Grab & Go	Meat Pasta Vegetable Pasta Hot Flavoured Chicken wrap Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Burger Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Sweet Chilli Chicken Noodles Wrap Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Chicken Fajita Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Chicken Strip Wrap Jacket Potatoes and Various Fillings
Dessert and Drinks	Vanilla Sponge Cake flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/Flavoured milk Yoghurt	Chocolate Sponge Cake flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/Flavoured milk Yoghurt	Carrot Cake flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/Flavoured milk Yoghurt	Victoria Sandwich Sponge flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/Flavoured milk Yoghurt	Vanilla Sponge Cake flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/Flavoured milk Yoghurt

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MENU Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
					
Main Meal	Beef Lasagne served with Garlic bread	Roast Dinner Served with roast Potatoes, veg & Yorkshire Pudding	Jerk Chicken served with rice & peas	Savoury Mince served with mashed potato & seasonal veg	Chef Special (e) Served with veg of the day
Main Meal (v)	Vegetarian Quiche	Vegetarian Roast Dinner	Sweet Chilli Noodles	Thai Vegetable Green Curry served with boiled rice	Breaded fish Served with paprika wedges and beans.
Deli Bar	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads	Made to Order Deli Sandwiches & Salads
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Grab & Go	Meat Pasta Vegetable Pasta Hot Flavoured Chicken wrap Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Burger Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Sweet Chilli Chicken Noodles Wrap Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Chicken Fajita Jacket Potatoes and Various Fillings	Meat Pasta Vegetable Pasta Chicken Strip Wrap Jacket Potatoes and Various Fillings
Dessert and Drinks	Vanilla Sponge Cake flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Chocolate Sponge Cake Flap Jack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Carrot Cake flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Victoria Sandwich Sponge flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt	Vanilla Sponge Cake Flap jack Fruit pots Fruit Juice Water/Flavoured Water Milk/flavoured milk Yoghurt

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