

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 	OPTION 1 Mixed bean bolognaise with penne pasta 	Margherita pizza & oven baked wedges 	Vegetable 'squashage' roll with roast potatoes & gravy 	Cauliflower & chickpea curry with carrot rice 	Vegan sausage roll, chips & tomato ketchup
	OPTION 2 Beef & lentil bolognaise with penne pasta 	Pepperoni pizza & oven baked wedges 	Roast gammon with roast potatoes & gravy 	Mild chicken tikka masala & chickpea curry with carrot rice 	Fish fingers, chips & tomato ketchup
Veggies 	Carrots & peas 	Broccoli 	Carrot & cabbage 	Tomato & cucumber salad 	Baked beans
Pasta 	Penne pasta with house tomato sauce 	Penne pasta with a creamy cheese sauce 	Creamy pesto penne pasta 	Penne pasta with a creamy cheese sauce 	Penne pasta with house tomato sauce
Sweet Treats 	Lemon shortbread biscuit 	Chocolate & banana brownie sponge 	Orange jelly & mandarins 	Oaty apple crumble & custard 	Strawberry yoghurt & strawberry sauce

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans

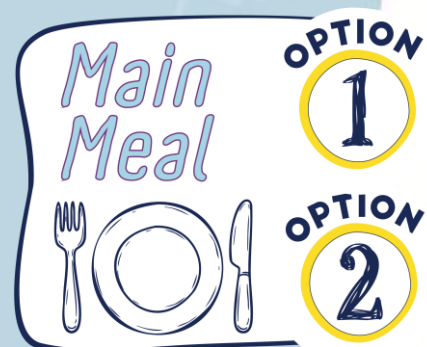


KEY

Wholegrain Vegetarian

Nutritionist's Choice

Vegan

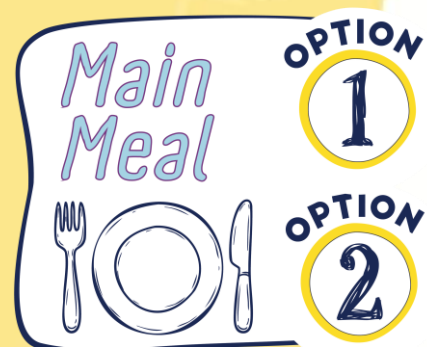


Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable sausages & mashed potatoes with gravy 	Lentil & cauliflower dahl with steamed rice 	Roast Quorn fillet with roast potatoes & gravy 	Baked creamy mac 'n' cheese 	Vegetable nuggets, chips & tomato ketchup 
Pork sausages (beef casing) with mashed potatoes & gravy	Cajun chicken, tomato & sweetcorn pasta bake	Roast turkey breast, roast potatoes & gravy	Sweet & sour chicken with carrot rice  	Fish & chips with tomato ketchup
Carrots & peas 	Broccoli 	Broccoli, cauliflower & peas 	Selection from the salad bar 	Peas 
Penne pasta with a creamy cheese sauce 	Penne pasta with house tomato sauce 	Penne pasta with a creamy cheese sauce 	Creamy pesto penne pasta 	Penne pasta with house tomato sauce 
Chocolate sponge & chocolate sauce 	Raspberry jelly & mandarins 	Jam sponge & custard 	Carrot cake with orange glaze 	Chocolate mousse 

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans



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Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy cauliflower pasta bake 	Margherita pizza & oven baked wedges 	Vegetable sausages with roast potatoes & gravy 	Mixed bean & vegetable wrap with vegetable rice   	Chickpea & vegetable fritter, chips & tomato ketchup 
Beef nacho pasta bake	Tomato, spinach & salmon pasta  	Roast chicken breast, roast potatoes & gravy	Zesty tomato, lentil & herb chicken with vegetable rice  	Fish fingers, chips & tomato ketchup
Sweetcorn 	Peas & carrots 	Cabbage, peas & carrot 	Carrot, cucumber & tomato salad 	Baked beans 
Penne pasta with house tomato sauce 	Penne pasta with a creamy cheese sauce 	Penne pasta with a creamy cheese sauce 	Creamy pesto penne pasta	Penne pasta with house tomato sauce 
Chocolate shortbread 	Apple & summer berry crumble with custard 	Orange jelly & mandarins 	Watermelon wedge 	Strawberry yoghurt & strawberry sauce 

Available Every Day – Crunchy colourful Salad Bar & Jacket Potatoes with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans



KEY Wholegrain  Vegetarian 
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