

MONDAY

TUESDAY



WEDNESDAY



THURSDAY

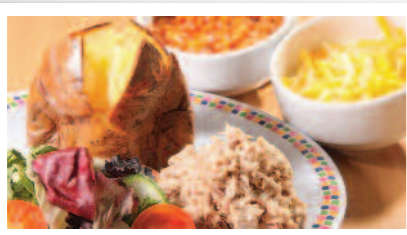


FRIDAY

FAST & FRESH



Pork Sausage, Hash Browns, Scrambled Eggs, Mushrooms, Fresh Tomatoes and Baked Beans
A Vegetarian Sausage is available
or



Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad
or



Selection of Breads and Fillings with Salad followed by



Lemon Drizzle Cake



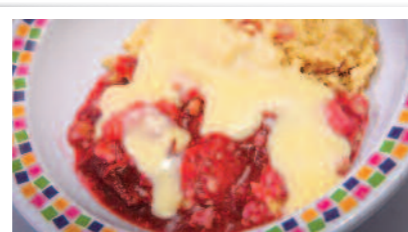
Chunky Beef Stew with Seasonal Vegetables
A Vegetarian version of this dish is available
or



Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad
or



Selection of Breads and Fillings with Salad followed by



Fruit Crumble and Custard



Roast Gammon and Pineapple with Roast and Mashed Potatoes and Gravy
A Vegetarian Roast Dinner is available
or



Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad
or



Selection of Breads and Fillings with Salad followed by



Ginger Biscuit



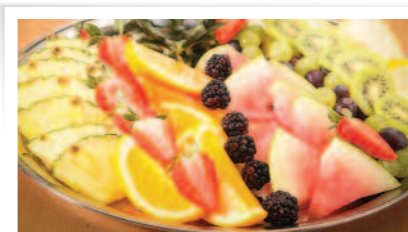
Chicken Curry with Rice and Naan Bread with Seasonal Vegetables
A Quorn Curry is available
or



Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad
or



Selection of Breads and Fillings with Salad followed by



Fresh Fruit Platter or Cheese and Crackers



Fish and Chips with Garden or Mushy Peas
or



Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad
or



Selection of Breads and Fillings with Salad followed by



Chocolate Crispy Cake

Great Salads

Fresh Bread

Seasonal Vegetables

Delicious Fruit

Organic Yoghurt

Milk and Water

MONDAY



TUESDAY



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THURSDAY



FRIDAY



Cheese and Tomato Pizza with Potato Wedges and Seasonal Vegetables

or

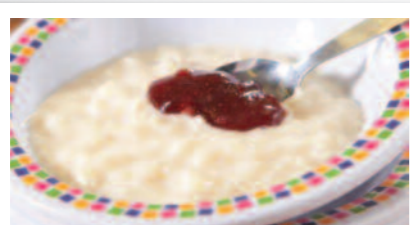


Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



Rice Pudding with Jam



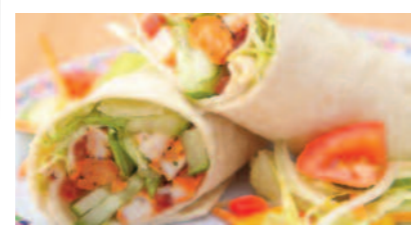
Spaghetti Bolognese with Crusty Bread
A Vegetarian Bolognese is available

or

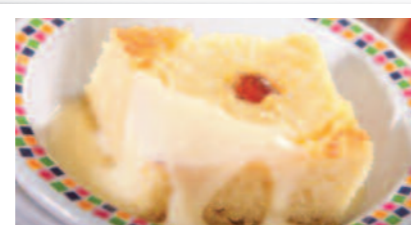


Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



Pineapple Upside Down Cake



Roast Beef and Yorkshire Pudding with Roast and Mashed Potatoes
Seasonal Vegetables and Gravy
A Quorn Roast Dinner is available

or



Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



Hungarian Chocolate Biscuit with a Fruit Wedge



Sweet and Sour Chicken with Rice and Seasonal Vegetables
A Quorn version of this dish is available

or



Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



Fresh Fruit Salad



Fish and Chips with Garden or Mushy Peas

or

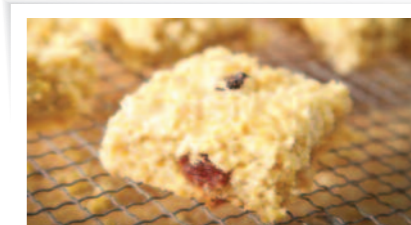


Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



Caribbean Crunch

FAST & FRESH

Great Salads

Fresh Bread

Seasonal Vegetables

Delicious Fruit

Organic Yoghurt

Milk and Water

MONDAY



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WEDNESDAY



THURSDAY



FRIDAY



Macaroni Cheese with Crusty Bread and Seasonal Vegetables

or

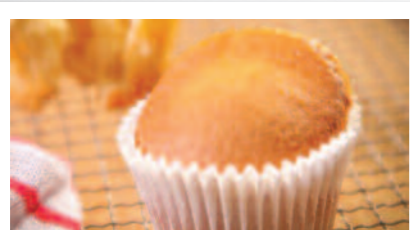


Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



American Style Muffin



Beef Burger in a Bun with Sauté Potatoes and Seasonal Vegetables
A Veggie Burger is available

or

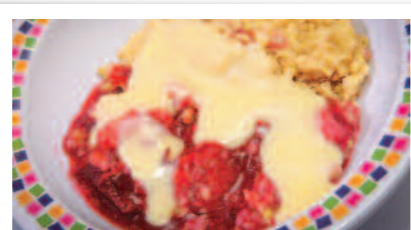


Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



Fruit Crumble & Custard



Roast Chicken and Stuffing with Roast and Mashed Potatoes, Seasonal Vegetables and Gravy
A Quorn Roast Dinner is available

or



Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



Golden Crunch Cookie with a Fruit Wedge



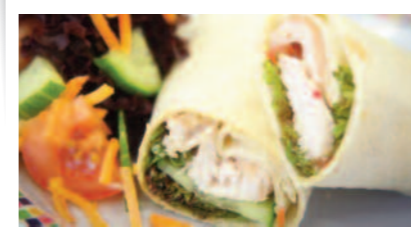
Chilli Con Carne with Rice and Seasonal Vegetables
A Vegetarian Chilli is available

or

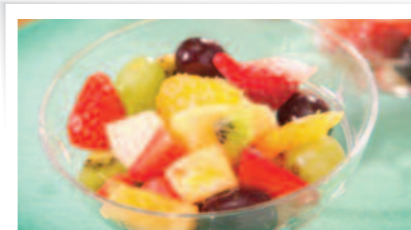


Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



Fresh Fruit Salad or Cheese & Crackers



Fish and Chips with Garden or Mushy Peas

or



Jacket Potato with Cheese Baked Beans or Tuna Mayo with Fresh Salad

or



Selection of Breads and Fillings with Salad followed by



Raspberry Bun

FAST & FRESH

Great Salads

Fresh Bread

Seasonal Vegetables

Delicious Fruit

Organic Yoghurt

Milk and Water