



	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Baked Sausage in Gravy	Burger in a Bun (2)	Roast Chicken in Gravy	Chicken Tikka Curry (7)	Battered Fish (2,5)
Option two	Quorn Sausage (2)	Quorn Southern Style Burger (2,4,7)	Baked Quorn in Gravy (2)	Vegetable Tikka Curry (7)	Fishless Fingers (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) Wraps (2) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Wraps (2) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Wraps (2) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Wraps (2) Tuna mayo (4,5,7) Grated cheese (7) Ham	Sandwich (2,13) Wraps (2) 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 Vegetable	Sweetcorn	Seasonal Vegetables	Onions, peppers, mushrooms	Mushy Peas or Garden Peas
Carbohydrates	Creamed Potato Yorkshire Pudding (2,4,7)	Potato Twists (2)	Roast Potatoes Yorkshire puddings (2,4,7)	Rice Garlic Bread (2,7)	Chips Bread & Butter (2,7)
Dessert	Chocolate Crunch with Custard (2,4,7)	Vanilla Iced Sponge Cupcakes (2,4,7)	Assorted Ice-cream (7)	Chocolate Iced Sponge with Custard (2,4,7)	Friday Favourites

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	

**WEEK 1**



	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Cheese & Tomato Pizza (2,7)	Bolognese Pasta Bake (2,7)	Roast Turkey in Gravy	Full English Breakfast (2,4,7)	Fish Star (2,5)
Option two	Cheese & Tomato Pizza (2,7)	Quorn Bolognese Pasta Bake (2,7)	Quorn Roast in Gravy (2)	Vegetarian Breakfast (2,4,7)	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)
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Fresh Salad	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar
Vegetables	Baked beans	Onion, peppers, mushrooms	Seasonal Vegetables	Baked beans	Mushy Peas or Garden Peas
Carbohydrates	Waffle fries (2)	Pasta (2) Garlic Bread (2,7)	Yorkshire Pudding (2,4,7) Roast potatoes	Hash Brown Bread & Butter (2,7)	Chips Bread & Butter (2,7)
Dessert	Apple Crumble with Custard (2,4,7)	Chocolate Biscuit (2,4,7)	Strawberry Jelly & Cream pots (7)	Sponge Pudding and Custard (2,4,7)	Friday Favourites

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#### 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	

## WEEK 2

