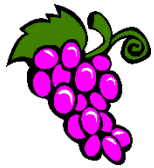


	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Cottage Pie (7)	Beef Burger (2,13)	Roast Gammon Dinner	All Day Breakfast	Battered Fish (2,5)
Option two	Quorn Sausage (2)	Vegetable Nuggets (2)	Veggie Meatless Balls	Omelette (4,7)	Quorn Nuggets (2)
Option three	Jacket potato (GF) Beans Tuna mayo (4,5) 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) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5, Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5) Grated cheese (7) Ham
Fresh salad	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar
Vegetables	Seasonal Vegetables	Baked Beans	Seasonal Vegetables	Baked Beans, Tomato	Garden Peas
Carbohydrates	Roast Potatoes	Potato Twists (2)	Roast Potatoes Yorkshire Pudding (2,4,7)	Hash Browns Bread and Butter (2,7)	Chips Bread & Butter (2,7)
Dessert	Strawberry Whip (7) Cup Cake (2,4,7)	Marble Sponge (2,4,7) Orange Jelly	Angel Whip (7) Fresh Fruit	Strawberry Jelly Yoghurt (7)	Iced Sponge (2,4,7) Cheese Crackers (2,7)



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	Bacon Pasta Bake (2,7)	Roast Turkey and Stuffing (2)	Roast Chicken in Gravy with Dumplings (4,7,13)	Jumbo Fish fingers (2,5)
Option two	Cheesy Pasta (2,7)	Cheese pizza (2,7)	Quorn Sausage (2)	Quorn Roast in Gravy with Dumplings (4,7,13)	Cheese Quiche (2,4,7)
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) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5) Grated cheese (7) Ham	Sandwich (2,13) Tuna mayo (4,5) Grated cheese (7) Ham
Fresh Salad	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas
Carbohydrates	Creamed potatoes (7) Yorkshire Pudding (2,4,7)	Pasta (2) Garlic Bread (2)	Roast Potatoes Yorkshire Pudding (2,4,7)	Creamed Potatoes (7)	Chips Bread & Butter (2,7)
Dessert	Mandarin Jelly Yoghurt (7)	Chocolate Shortbread (2,14) Fresh Fruit Pots	Muffin (2,4,7) Angel Whip (7)	Strawberry Whip (7) Cheese & Crackers (2,7)	Cookie (2,14) Strawberry Jelly



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	