



	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Cottage Pie (7)	Beef Burger (2,13)	Roast Gammon Dinner	Pepperoni Pizza (2,7)	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 Jelly (7) Cup Cake (2,4,7)	Marble Sponge (2,4,7) Orange Jelly	Angel Whip (7) Fresh Fruit	Muffin (2,4,7) 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	Chicken Chunks	Bacon Pasta Bake (2,7)	Roast Turkey and Stuffing (2)	Meat and Potato Pie (2,7)	Battered Fish (2,5)
Option two	Quorn Dippers (2)	Cheese pizza (2,7)	Quorn Sausage (2)	Quorn Roast (2)	Quorn Dippers (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	Baked Beans	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas
Carbohydrates	Chips	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)	Shortbread Biscuit (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	