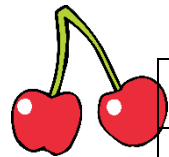
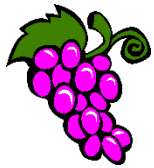


	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	All Day Breakfast (4,7,14)	Beef Burger (2,13)	Roast Gammon Dinner	Pepperoni Pizza (2,7)	Battered Fish (2,5)
Option two	All Day Veggie Breakfast (2,4,7)	Vegetable Nuggets (2)	Veggie Meatless Balls	Cheese Omelette (4,7)	Quorn Nuggets (2)
Option three	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	Baked Beans	Baked Beans & Sweetcorn	Seasonal Vegetables	Spaghetti (2)	Garden Peas
Carbohydrates	Hash Brown	Potato Twists (2)	Roast Potatoes Yorkshire Pudding (2,4,7)	Seasoned Potato Wedges	Chips Bread & Butter (2,7)
Dessert	Strawberry Jelly Cheese and Crackers (2,7)	Chocolate Sponge (2,4,7) Yoghurt (7)	Ice Cream (7) Fresh Fruit	Muffin (2,4,7) Yoghurt (7)	Homemade Biscuit (2) 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

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	



	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Baked Sausage (14)	Pasta Bolognaise Bake (2)	Roast Turkey	Chicken Goujon Wrap (2)	Battered Fish (2,5)
Option two	Quorn Fillet (2)	Cheese pizza (2,7)	Quorn Sausage (2)	Southern Style Quorn Burger (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)
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Fresh Salad	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar
Vegetables	Baked Beans	Seasonal Vegetables	Seasonal Vegetables	Sweetcorn	Garden Peas
Carbohydrates	Chips	Pasta (2) Garlic Bread (2)	Roast Potatoes Yorkshire Pudding (2,4,7)	Seasoned Potato Wedges	Chips Bread & Butter (2,7)
Dessert	Ice cream (7) Yoghurt (7)	Chocolate Shortbread (2,14) Fresh Fruit Pots	Angel Whip (7) Fresh Fruit	Muffin (2,4,7) Yoghurt (7)	Iced Sponge Cake (2,4,7) Custard (7)



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