

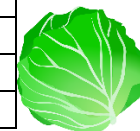
<b><u>Week 1</u> Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Sausages  Quorn Sausages (2)	Pasta Bolognese  Quorn Mince Bolognese (2,4)	Chicken Curry (7) Quorn Curry (4)	Turkey Dinner or Meat Pie (2,4,7) Quorn Roast (2)	Battered Fish or fish cakes (2,5) Fishless finger (2)
Seasonal Vegetables	Onion, peppers, mushroom	Mushroom, onion, peppers	Seasonal Vegetables	peas
Mash Potato (2)	Pasta (2) Garlic bread (2)	Rice or Noodles (2) Naan Bread (2,4,7)	Yorkshire Pudding (2,4,7)  Roast Potatoes	Chips
Treacle Sponge & Custard (2,4,7)	Shortbread biscuits (2,7)	Banana Bread Muffin (2,4,7)	Chocolate Orange Cookie & Milkshake (2,4,7)	Gingerbread Men (2,4,7)

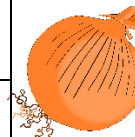
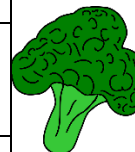
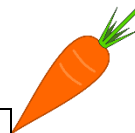
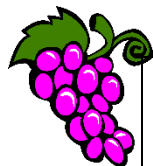
Assorted sandwiches and jacket potatoes served with unlimited vegetables or salad to accompany the meals- freshly prepared salad bar & Bread daily (2,4,7,13) Yoghurt (7) and fruit are available daily as a choice of dessert. Fresh water & Milk (7)

#### 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	





<b><u>Week 2</u> Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Cheese Pizza (2,7)	Mince and Dumplings (2,4,7) Vegetable Stew and Dumplings (2,4,7)	All Day Breakfast (4,7,14) Cheese Omelette (4,7)	Turkey Dinner  Quorn fillet Roast (2)	Battered Fish or fish cakes (2,5)  Fishless finger (2)
Sweetcorn or Beans	Seasonal Vegetables	Baked beans	Carrots & broccoli	peas
Potato Twisters (2)	Mash potato (7)	Hash Brown  Bread Butter (2,13,7)	Yorkshire Pudding (2,4,7)  Roast Potatoes	Chips  Bread and butter (2,7)
Chocolate Dodgers (2,7)	Flapjack and Custard (2,7)	Fruit pots with Chocolate sauce or Ice Cream (7)	Chocolate Sponge and Custard (2,4,7))	Mixed iced Cupcakes (2,4,7)

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