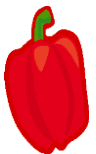


<b>Week 2</b> 09/09, 23/09, 07/10, 21/10	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Pepperoni Pizza (2,7)	Mince Bolognese (7)	Pork sausage hotdog roll (2)	Roast turkey dinner	Battered Fish (2,5) Fish cake (2,5)
Option two	Cheese Pizza (2,7)	Cheese pasta (2,7)	Vegetable burger (2)	Vegetable sausage dinner (2)	Quiche (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 (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam
Fresh salad	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar
Vegetables	Baked Beans	Broccoli & sweetcorn	Sweetcorn	Carrots & Broccoli	Garden Peas
Carbohydrates	Wedges (2)	Garlic Bread (2,7) Pasta (2)	Potato Twists (2)	Yorkshire Pudding (2,4,7) Roast Potatoes	Chips Bread & Butter (2,7)
Dessert	Mixed flavour Angel whip (7)	Mixed cupcakes (2,4,7)	Chocolate crunch & custard (2,4,7)	Ice cream (7)	Friday Favourites

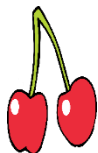


Assorted sandwiches and jacket potatoes served with unlimited vegetables or salad to accompany the meals- freshly prepared salad bar & Bread daily (2,4,5,7,13) Yoghurt (7) and fruit are available daily as a choice of dessert. Fresh water & Milk (7)

GLUTEN FREE OPTIONS AVAILABLE DAILY



<b>Week 1</b> 2/09, 16/09, 30/09, 14/10	Monday	Tuesday	Wednesday	Thursday	Friday
Option one	Oven baked pork sausages	Chicken Goujon Strips (7)	All day breakfast (4)	Roast turkey dinner	Battered fish (2,5) Fishcake (2,5)
Option two	Oven baked Quorn Sausage (2)	Quorn Goujons (7)	Veggie all day breakfast (2,5)	Buttermilk Quorn (2,4)	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 (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam	Sandwich (2,13) Tuna mayo (4,5,7) Grated cheese (7) Ham Turkey Egg (4) Jam
Fresh Salad	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar	Unlimited Salad Bar
Vegetables	Seasonal Vegetables	Baked beans	Sweetcorn	Carrots & Broccoli	Garden Peas
Carbohydrates	Creamed potatoes (7) Yorkshire Pudding (2,4,7)	Potato twists (2)	Bread & butter (2,7,13)	Yorkshire Pudding (2,4,7) Roast potatoes	Chips  Bread & Butter (2,7)
Dessert	Chocolate Brownie (2,4,7)	Chocolate chip cookie (2,4,7)	Flapjack finger (2,4,7)	Ice cream tubs or ice lolly (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	