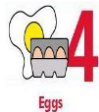
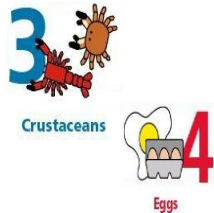




WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Chicken Tikka Masala with Rice Seasonal Vegetables	Cheese & Tomato Pizza with Potato Wedges Seasonal Vegetables	All Day Breakfast Seasonal Vegetables.	CARVERY Selection of Roast Turkey or Beef Creamed or Roast Potatoes Yorkshire Pudding Seasonal Vegetables	Fish or Fish Fingers Chips Seasonal Vegetables
OPTION 2	Tomato Pasta Seasonal Vegetables	Fish Cakes with Potato Wedges Seasonal Vegetables	Stir Fry Noodles Seasonal Vegetables	Quorn Roast Creamed or Roast Potatoes Yorkshire Pudding Seasonal Vegetables	Cheese & Tomato Quiche Chips Seasonal Vegetables
OPTION 3	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise served with Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise served with Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise served with Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise served with Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise served with Salad or Seasonal Vegetables
Dessert Choice	Ice Cream with Fruit Jelly, Fruit Assorted Yoghurts	Chocolate Sponge with Custard Jelly, Fruit Assorted Yoghurts	Fruit Muffin Jelly, Fruit Assorted Yoghurts	Fruit Biscuit Jelly, Fruit Assorted Yoghurts	Chocolate Krispy Bun or Gingerbread Man Jelly, Fruit Assorted Yoghurts
ALLERGENS: 7, 9 ALLERGENS: 2, 7 ALLERGENS: 4, 7, 14 ALLERGENS: 2, 4, 7 ALLERGENS: 2, 5, 7,					
ALLERGENS: 2, 7 ALLERGENS: 2, 5, 13 ALLERGENS: 1, 2, 4 ALLERGENS: 2, 4, 7 ALLERGENS: 2, 4, 7					
ALLERGENS: 4, 5, 7, 9 ALLERGENS: 4, 5, 7, 9 ALLERGENS: 4, 5, 7, 9 ALLERGENS: 4, 5, 7, 9 ALLERGENS: 4, 5, 7, 9					
ALLERGENS: 7, 14 ALLERGENS: 2, 4, 7 ALLERGENS: 2, 4, 7 ALLERGENS: 2, 4, 7 ALLERGENS: 2, 4, 7					
Freshly prepared Salad Bar & Bread daily (2, 4, 7) Fresh Water & Milk to drink FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS					





WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Meatballs in Gravy Mashed Potato Seasonal Vegetables	Chicken Burger Potato Wedges Seasonal Vegetables	Chicken Pizza Potato Wedges Seasonal Vegetables	CARVERY Roast Turkey or Beef Carvery Creamed or Roast Potatoes Yorkshire Pudding Seasonal Vegetables	Fish or Fish Fingers Chips Peas or Baked Beans
OPTION 2	Mediterranean Pasta Seasonal Vegetables	Hot Vegetable Wraps Potato Wedges Seasonal Vegetables	Omelettes Potato Wedges Seasonal Vegetables	Vegetarian Carvery Creamed or Roast Potatoes Yorkshire Pudding Seasonal Vegetables	Cheese Pasta Chips Seasonal Vegetables
OPTION 3	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables
Dessert Choice	Ice Cream with Fruit Jelly, Fruit Assorted Yoghurts	Coconut Shortcake with Custard Jelly, Fruit Assorted Yoghurts	Chocolate Crunch with Custard Jelly, Fruit Assorted Yoghurts	Fruit Biscuit Jelly, Fruit Assorted Yoghurts	Orange Shortcake or Chocolate Muffin Jelly, Fruit Assorted Yoghurts
	ALLERGENS: 7, 14	ALLERGENS: 7	ALLERGENS: 2, 7	ALLERGENS: 2, 4, 7	ALLERGENS: 2, 5, 7, 13
	ALLERGENS: 2, 7	ALLERGENS: 2, 7	ALLERGENS: 4, 7	ALLERGENS: 2, 4, 7	ALLERGENS: 2, 7
	ALLERGENS: 4, 5, 7, 9	ALLERGENS: 4, 5, 7, 9	ALLERGENS: 4, 5, 7, 9	ALLERGENS: 4, 5, 7, 9	ALLERGENS: 4, 5, 7, 9
	ALLERGENS: 7, 14	ALLERGENS: 2, 4, 7	ALLERGENS: 2, 4, 7	ALLERGENS: 2, 4, 7	ALLERGENS: 2, 4, 7
<p>All served with unlimited vegetables or salad to accompany the meals Freshly prepared Salad Bar & Bread daily (2, 4, 7) Fresh Water & Milk to drink FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS</p>					

VEGETARIAN (V)

ALLERGENS



Celery



Cereals containing gluten



Crustaceans



Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur dioxide
(sometimes known
as sulphites)

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Savoury Mince Mashed Potato Seasonal Vegetables	Chicken Pie Boiled Parsley Potatoes Seasonal Vegetables	Sausages Mashed Potato Seasonal Vegetables	CARVERY Roast Beef or Turkey Carvery Creamed or Roast Potatoes Yorkshire Pudding Seasonal Vegetables	Fish or Fish Fingers Chips Seasonal Vegetables
OPTION 2	Sweet & Sour Vegetables Mashed Potato Seasonal Vegetables	Cheese & Egg Salad Boiled Parsley Potatoes Seasonal Vegetables	Vegetarian Sausages Mashed Potato Seasonal Vegetables	Vegetarian Toad in the Hole Creamed or Roast Potatoes Yorkshire Pudding Seasonal Vegetables	Mediterranean Quiche Chips Seasonal Vegetables
OPTION 3	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables	Jacket Potato filled with either Cheese, Baked Beans or Tuna Mayonnaise Salad or Seasonal Vegetables
Dessert Choice	Fruit Sponge with Custard Jelly, Fruit Assorted Yoghurts	Chocolate or Strawberry Mousse Jelly, Fruit Assorted Yoghurts	Mandarin Muffin Jelly, Fruit Assorted Yoghurts	Fruit Flapjack Slice Jelly, Fruit Assorted Yoghurts	Chocolate Brownie or Iced Bun Jelly, Fruit Assorted Yoghurts
ALL SERVED WITH UNLIMITED VEGETABLES OR SALAD TO ACCOMPANY THE MEALS FRESHLY PREPARED SALAD BAR & BREAD DAILY (2, 4, 7) FRESH WATER & MILK TO DRINK FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS					

VEGETARIAN (V)

ALLERGENS



Celery



Crustaceans



Fish



Milk



Mustard



Peanuts



Soya



Cereals containing gluten



Eggs



Lupin



Molluscs



Nuts



Sesame seeds



Sulphur dioxide
(sometimes known
as sulphites)