



Week 1	MEAT FREE -MONDAY	TAKE AWAY-TUESDAY	WARMING-WEDNESDAY	TRADITIONAL THURSDAY	FISH SHOP-FRIDAY
Option 1	Meat free Bolognese (1,2) Wholemeal pasta (2) Garlic bread (2,4,7) and Seasonal vegetables	Chicken chow Mein (1,2) Served with Stir fry vegetables	Braised Sausages(14) Creamed mashed potato (7) Served with broccoli and carrots	Roast Turkey dinner Yorkshire Pudding (2,4,7) Roast Potatoes/Mash potato (7) Seasonal Veg &Gravy	Breaded fish(2,5), fish cake or fish fingers(5) served with chips and peas/ beans
Option 2	Pasta Pomodoro (1,2) seasonal vegetables Garlic bread (2,4,7)	Vegetable chow mein (V) Served with Stir fry Vegetables	Quorn sausages (2,13,14) Creamed mashed potato (7) Served with broccoli and carrots	Quorn roast dinner (4,7) Yorkshire Pudding (2,4,7) Roast Potatoes/creamed potato (7) Seasonal Veg &Gravy	Fishless fingers (1,2) or Mediterranean crustless quiche (4,7,9) served with chips and peas/ beans
Option 3	Jacket potato topped with , cheese (7), beans, tuna (4,5,7,9) served with salad including coleslaw (4,9)	Jacket potato topped with , cheese (7), beans, tuna (4,5,7,9) served with salad including coleslaw (4,9)	Jacket potato topped with , cheese (7), beans, tuna (4,5,7,9) served with salad including coleslaw (4,9)	Jacket potato topped with , cheese (7), beans, tuna (4,5,7,9) served with salad including coleslaw (4,9)	Jacket potato topped with , cheese (7), beans, tuna (4,5,7,9) served with salad including coleslaw (4,9)
Option 4	Cheese Wrap (2,7) served with side salad including coleslaw (4,9)	Turkey sandwich (2,13) served with side salad including coleslaw (4,9)	Egg Mayo Roll (2,4,7,9,12) served with side salad including coleslaw (4,9)	Ham sandwich (2,13) served with side salad including coleslaw (4,9)	Tuna mayonnaise wrap served with side salad including coleslaw (4,9)
Hot Dessert	Toffee apple cake (2,4,7) served with custard (7)	Zesty flapjack (2,7) served with custard (7)	Lemon drizzle cake (2,4,7) served with custard (7)	Chocolate orange Brownie served with custard (7)	Rhubarb crumble (2,4,7) served with custard (7)
Cold Dessert	Fruit platter cheese & biscuits (2,7) Fruit jelly pot Angel whirl (7) Yoghurt (7)	Fruit platter cheese & biscuits (2,7) Fruit jelly pot Angel whirl (7) Yoghurt (7)	Fruit platter cheese & biscuits (2,7) Fruit jelly pot Angel whirl (7) Yoghurt (7)	Fruit platter cheese & biscuits (2,7) Fruit jelly pot Angel whirl (7) Yoghurt (7)	Fruit platter cheese & biscuits (2,7) Fruit jelly pot Angel whirl (7) Yoghurt (7)

ALLERGENS



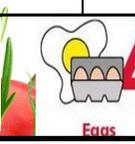
1 Celery



2 Cereals containing gluten



3 Crustaceans



4 Eggs



5 Fish



6 Lupin



7 Milk



8 Molluscs



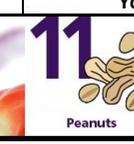
9 Mustard



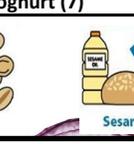
10 Nuts



11 Peanuts



12 Sesame seeds



13 Soya



14 Sulphur dioxide (sometimes known as sulphites)

Daily – Salad and/or Vegetables accompany all our meals along with freshly baked bread.