

Week commencing:

31st Oct, 21st Nov, 12th Dec 2016, 2nd & 23rd Jan 2017, 13th Feb, 13th March & 4th April.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Sausages with Gravy, Creamed Potatoes, Seasonal Vegetables 	Roast Chicken with Stuffing Balls, Roast Potatoes, Seasonal Vegetables 	Ranch Pie (Quorn) with Potato Topping Seasonal Vegetables	CARVERY Choose from Beef, Turkey or Pork served with Homemade Yorkshire Pudding & Gravy, Roast Creamed Potatoes Seasonal Vegetables 	Battered Fish or Fish Cakes, Chips, Peas or Baked Beans, Salad. 
Allergens:	7, 14.	2.	1, 2, 4, 5, 7.	2, 4, 7.	2, 5, 7, 9, 13.
OPTION 2	Vegetable Sausages with Gravy (V) Creamed Potato Seasonal Vegetables	Vegetable Slice (Pastry) (V) Creamed Potatoes OR Pasta	Spice Tomato Flatbread (V) (Pizza) Roast Potatoes, Seasonal Vegetables	Spicy Bean & Roasted Red Pepper Fajitas (V) Roast & Creamed Potatoes	Cheese & Tomato Quiche (V) Chips Peas or Baked Beans Salad
Allergens:	2, 7, 13, 14.	2, 7.	2, 4, 7.	2, 7.	2, 4, 7, 9.
DESSERT CHOICE	FRUIT PLATTER Chocolate Crunch & Custard, Fruit Jellies, Assorted Yoghurts.	FRUIT PLATTER Eve's Pudding & Custard, Fruit Jellies, Assorted Yoghurts	FRUIT PLATTER Lemon Treacle Sponge & Custard. Fruit Jellies, Assorted Yoghurts	FRUIT PLATTER Fruit Trifle, Fruit Jellies, Assorted Yoghurts	FRUIT PLATTER Selection of Home Baked Delights Fruit Jellies Assorted Yoghurts
Allergens:	2, 4, 7.	2, 4, 7.	2, 4, 7.	2, 4, 7.	2, 4, 7.

We also offer filled Jacket Potatoes (4, 5, 7, 9), or Sandwiches (2, 4, 5, 7, 9), served with Homemade Soup (1, 2, 7) or Wholemeal Pasta & Sauce (2, 7) All served with unlimited Vegetables or Salad to accompany the meals

FRESH WATER & MILK TO DRINK - FRESHLY PREPARED SALAD BAR & BREAD BAKED DAILY (2, 4, 7)

(V) = Vegetarian

Fruit & Vegetables are subject to seasonal variations

Week commencing:
7th & 28th Nov, 19th Dec 2016, 9th & 30th Jan 2017, 27th Feb & 20th March.

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Meatballs, Tomato Pasta served with Seasonal Vegetables. 	Chicken Nuggets served with Oven Roast Potatoes, Seasonal Vegetables 	Beef Burger, Jacket Potato Wedges, Chilli Beans or Chicken Curry, Rice, Seasonal Vegetables	CARVERY Choose from Beef, Turkey or Pork served with Homemade Yorkshire Pudding & Gravy, Roast Creamed Potatoes, Seasonal Vegetables 	Fish Fingers OR Fish Cakes, Chips, Seasonal Vegetables. 
Allergens:	2,7,14.	1, 2.	1, 2, 7, 9, 13.	2, 4, 7.	2, 5, 13.
OPTION 2	Plain or Cheese Omelettes (V) Pasta, Seasonal Vegetables	Italian Bean Bake (V) served with Oven Roast Potatoes, Seasonal Vegetables	Bubble & Squeak Frittata (V) Served with Jacket Potato Wedges, Chilli Beans, Seasonal Vegetables	Vegetable & Lentil Casserole (V) served with Homemade Yorkshire Pudding & Gravy, Seasonal Vegetables	Vegetables, Pea & (V) Potato Curry, Chips or Rice, Seasonal Vegetables
Allergens:	2, 4, 7.	2.	4, 7.	1, 2, 4, 5, 7.	7, 9.
DESSERT CHOICE	FRUIT PLATTER Marble Sponge & Custard, Fruit Jellies, Assorted Yoghurts.	FRUIT PLATTER Coconut Shortcake & Custard, Fruit Jellies, Assorted Yoghurts	FRUIT PLATTER Apple Charlotte, Fruit Jellies, Assorted Yoghurts	FRUIT PLATTER Chocolate Iced Sponge with Fruit, Fruit Jellies, Assorted Yoghurts	FRUIT PLATTER Selection of Home Baked Delights Fruit Jellies Assorted Yoghurts
Allergens:	2, 4, 7.	2, 4, 7, 14.	2, 7.	2, 4, 7.	2, 4, 7.

We also offer filled Jacket Potatoes (4, 5, 7, 9), or Sandwiches (2, 4, 5, 7, 9), served with Homemade Soup (1, 2, 7) or Wholemeal Pasta & Sauce (2, 7) All served with unlimited Vegetables or Salad to accompany the meals

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Week commencing:
14th Nov, 5th Dec 2016, 16th Jan 2017, 6th Feb, 6th & 27th March.

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Cheese Pizza (V) served with Jacket Wedges Seasonal Vegetables.	Roast Turkey, Apple Sauce, Creamed Potatoes, Seasonal Vegetables.	ALL DAY BREAKFAST Sausage, Bacon, Egg, Baked Beans & Tomatoes served with Homemade Bread.	CARVERY Choose from Beef, Turkey or Pork served with Homemade Yorkshire Pudding & Gravy, Roast Creamed Potatoes Seasonal Vegetables.	Battered Fish OR Fish Cakes, Chips or Rice, Peas or Baked Beans.
Allergens:	2, 7.	7.	2, 4, 7, 14.	2, 4, 7.	2, 5, 7, 9, 13.
OPTION 2	Curried Vegetable Pasty (V) Served with Jacket Wedges, Seasonal Vegetables.	Cheese Pasta (V) served with Seasonal Vegetables	ALL DAY BREAKFAST (V) Vegetable Sausages, Egg, Baked Beans & Tomatoes served with Homemade Bread	Falafel Burger (V) served with Roast & Creamed Potatoes. Seasonal Vegetables.	Balti Vegetable Curry (V) Chips or Rice, Peas or Baked Beans.
Allergens:	2, 4.	1, 2, 7.	2, 4, 7, 13, 14.	2, 4, 7.	7, 9.
DESSERT CHOICE	FRUIT PLATTER Flapjack & Custard, Fruit Jellies, Assorted Yoghurts.	FRUIT PLATTER Pear Frangipane Tart & Custard, Fruit Jellies, Assorted Yoghurts	FRUIT PLATTER Summerberry Tray Bake & Custard, Fruit Jellies, Assorted Yoghurts	FRUIT PLATTER Chocolate Oat Cake & Custard, Fruit Jellies, Assorted Yoghurts.	FRUIT PLATTER Selection of Home Baked Delights, Fruit Jellies Assorted Yoghurts.
Allergens:	2, 4, 7.	2, 4, 7.	2, 4, 7.	2, 4, 7.	2, 4, 7.

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