UNLIMITED ACCESS TO OUR SALAD BAR WITH 3 TO 6 ITEMS TO CHOOSE FROM AVAILABLE DAILY!

All of our cheese is RED TRACTOR, which means it can be traced from 0.

All of our eggs are FREE RANGE. We use them in lots of our cakes, quiches and other homemade

Week One WEEK COMMENCING: 81ST OCT / 21ST NOV / 12TH DEC / 16TH JAN / 6TH FEB / 6TH MAR / 27TH MAR Monday Ham, Tuna & Sweetcorn or Cheddar & Tomato Pasta Bake

Egg & Cress Mayo Sandwich Seasonal Vegetable Stir Fry Vegetables Jacket Potato topped with Fruity Baked Beans or Cheese & Coleslaw Flapjack

Tuesday Battered Fish served with Chips

> Winter Vegetable Quiche served with Chips

Jacket Potato topped with Baked Beans or Cheese & Coleslaw Wednesday

Roast Gammon served with Roast Potatoes

Homemade Cheese, Leek & Onion Pasty served with Roast Potatoes

Jacket Potato with Cheese & Coleslaw or Tuna & Sweetcorn Mayo

Thursday

Beef Lasagne Seasonal Vegetable Chilli served with Rice

Jacket Potato topped with Baked Beans,

Cheese & Coleslaw or Salmon Mayo Friday

Sticky Chicken filled Pitta Bread served with Potato Wedges

Vegetable Bolognese

served with Penne Pasta

Jacket Potato topped with Baked Beans, Tuna Mayo or Cheese & Coleslaw

Monday

Cheese & Tomato, Ham or Tuna Mayo Sandwich Seasonal

Vegetables Toffee Apple Crumble served with Ice Cream

Cheese & Tomato, Cheese or Tuna Mayo Sandwich

Seasonal Vegetables

Lemon Muffin

Cheese, Tuna & Sweetcorn or Egg & Cress Mayo Sandwich

Vegetables

Chocolate Brownie

Cheese & Tomato, Egg Mayo or Tuna Mayo Sandwich

Seasonal Vegetables

Apple Sponge served with Custard Week Two WEEK COMMENCING: 7TH NOV / 28TH NOV / 2ND JAN / 28RD JAN / 20TH FEB / 18TH MAR / 3RD APR

Savoury Minced Beef served with Mashed Potato or Tuna Mayo Sandwich Seasonal Spaghetti in Tomato Sauce

Jacket Potato topped with Baked Beans, Cheese & Coleslaw or Tuna Mayo

Tuesday Pork Sausages or Vegetarian Sausage served with Potato Wedges

> Jacket Potato topped with Baked Beans or Cheese & Coleslaw

Mexican Rice Wrap

Wednesday Roast Chicken Breast served with Gravy & Roast Potatoes

Neapolitan Pasta Bake

Jacket Potato topped with Baked Beans or Cheese & Coleslaw

> Homemade Margherita Pizza

Thursday

Friday

Quorn Cottage Pie

Jacket Potato topped with Cheese & Coleslaw or Tuna Mayo

> Fish Fingers served with Chips

Macaroni Cheese

Jacket Potato topped with Baked Beans or Cheese & Coleslaw

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Cheese & Tomato, Egg Mayo

Vegetables Chocolate Cracknell

Cheese & Tomato, Ham or Tuna Mayo Sandwich

> Seasonal Vegetables

Red Berry Sponge served with Custard

Ham, Tuna & Sweetcorn or Egg & Cress Mayo Sandwich

Seasonal Vegetables

Shortbread

Cheese & Tomato, Cheese or Tuna Mayo Sandwich

Seasonal Vegetables Thursday

Friday

Lemon Drizzle Cake

Cheese, Tuna & Sweetcorn or Egg & Cress Mayo Sandwich

> Seasonal Vegetables

Pear Sponge served with Custard

eafood with this mark comes from

Week Three WEEK COMMENCING: 14TH NOV / 5TH DEC / 9TH JAN / 30TH JAN / 27TH FEB / 20TH MAR

Monday Beef Spaghetti Bolognese served with Homemade Garlic Bread

> Vegetable Jambalaya Jacket Potato topped with

Baked Beans or Cheese & Coleslaw Tuesday

Chicken Puff Pastry Pie served with Gravy & Potatoes

Cheesy Pasta Bake

Jacket Potato topped with Baked Beans, Cheese & Coleslaw or Tuna Mayo Wednesday

Roast Turkey served with Roast Potatoes & Gravy

Savoury Vegetable Loaf served with Roast Potatoes & Gravy

Jacket Potato topped with Cheese & Coleslaw or Tuna Mayo

> Fish Fingers served with Chips

Mozzarella & Tomato Puff Squares served with Chips

Jacket Potato topped with Baked Beans or Cheese & Coleslaw

Pork Sausages or Vegetarian Sausage served with Mash & Gravy

Vegetable Curry served with Rice

Jacket Potato topped with Baked Beans or Cheese & Coleslaw Cheese, Egg & Cress Mayo or Tuna Mayo Sandwich

> Seasonal Vegetables

Pineapple Upside Down **Pudding with Custard**

Cheese & Tomato, Egg Mayo or Tuna Mayo Sandwich

> Seasonal Vegetables

Rice Pudding served with Peaches

Cheese & Tomato, Cheese or Tuna Mayo Sandwich

Seasonal Vegetables

Lemon Cookie

Ham, Egg & Cress Mayo or Tuna & Sweetcorn Mayo Sandwich

> Seasonal Vegetables

Chocolate Cake served with Chocolate Sauce

Cheese & Tomato, Ham or Tuna Mayo Sandwich

> Seasonal Vegetables

Orange Muffin



A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD

DON'T FANCY THE DESSERT ON THE MENU? CHOOSE FROM A SELECTION OF FRESH FRUIT & ORGANIC YOGHURTS

All our VEGETARIAN MAIN **DESSERTS** are Vegetarian Society approved!

CHILLED DRINKING WATER IS ALWAYS

All our meat is RED TRACTOR &

FARM ASSURED

We think that

BRITISH

SEASONAL

ood is fresh, tast

and nutritious.

Some of our

favourites this

eason are carrots

cabbage, onions,

broccoli, swede

AVAILABLE