

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICE</b>	<b>MAIN CHOICE</b>	<b>MAIN CHOICE</b>	<b>MAIN CHOICE</b>	<b>MAIN CHOICE</b>
BBQ Chicken Wrap	Chicken and Leek Pie	Chicken Samosa Served with curry sauce and lemon couscous	Chicken Rogan Josh	Battered Fish of the Day
<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>
Minced Beef Bolognese	Toad in the Hole With HMC beef sausage	Jacket Potato Served with mutton chilli, cheese, tuna or baked beans	Hot and Cold Deli Bar	Beef Burger in a Bun
<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>
Quorn and Roasted Vegetable Lasagne	Vegetable and Chickpea Biryani	Macaroni Cheese	Cheese and Potato Pie Served with roasted Mediterranean vegetables	Vegetable Samosa Served with brown rice
<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>
Wholemeal Pasta	Mashed Potato	Wholemeal Pasta	Wrap or Rice	Brown Rice or Oven Chips
<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>
Sweetcorn	Mixed Vegetable Medley	Roasted Vegetable Medley	Roasted Vegetables	Peas or Beans
<b>PUDDING</b>	<b>PUDDING</b>	<b>PUDDING</b>	<b>PUDDING</b>	<b>PUDDING</b>
Bananas and Custard	Marbled Sponge Cake	Ice Cream Factory	Apple and Cinnamon Crumble Served with custard	Chocolate and Beetroot Brownie

**ALSO AVAILABLE DAILY...** Jacket Potatoes, Seasonal Fresh Fruit, Yoghurt, Fresh Milk, Fruit Juice & Water

All our fish is certified by the Marine Stewardship Council.  
We only use free range eggs.  
Our tuna is pole and line caught.  
We only use fruit and vegetables that are in season.



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<b>MAIN CHOICE</b>	<b>MAIN CHOICE</b>	<b>MAIN CHOICE</b>	<b>MAIN CHOICE</b>	<b>MAIN CHOICE</b>
Chicken Korma Served with wholemeal rice	Cheese and Tomato Wholemeal Pizza Served with coleslaw	Chicken Stew Served with herby dumplings	Flavoured Chicken Pitta Served with salad and coleslaw	Battered Fish Fillet
<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>
Minced Beef Enchilada Lasagne Served with tossed salad	Chicken Hot Dogs Served with homemade potato wedges	Jacket Potato Served with mutton chilli, cheese, tuna or baked beans	Cold Deli Bar	Kofta Kebabs Served with pitta bread and salad
<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>
Cauliflower and Broccoli Bake	Quorn Chilli Served with homemade nachos	Quorn Sausages and Mash Served with onion gravy	Chunky Vegetable Pasta Bake Served with homemade bread	Quorn Burger Served with onions
<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>
Pasta or New Potatoes	Freshly Baked Wedges	Jacket Potato or Mashed Potato	Homemade Bread	Bread or Oven Chips
<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>
Garden Peas	Spaghetti Hoops	Broccoli and Cauliflower	Sweetcorn	Baked Beans or Peas
<b>PUDDING</b>	<b>PUDDING</b>	<b>PUDDING</b>	<b>PUDDING</b>	<b>PUDDING</b>
Mixed Fruit Crumble Served with custard	Baked Cookie of the Day	Apple Pie Served with vanilla custard	Iced Vanilla Sponge	Rice Krispie Bar

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Chicken Fajita Wrap Served with coleslaw	Fish Pie Topped with creamy mashed potato	Chicken and Sweetcorn Wholemeal Pasta Bake	Chicken Jambalaya Served with a roti wrap	Battered Fish
<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>	<b>MAIN CHOICE 2</b>
Classic Minced Beef Cottage Pie	Keema Mutton and Spinach Curry	Jacket Potato Served with mutton chilli, cheese, tuna or baked beans	Hot and Cold Deli Bar	Minced Beef Sloppy Joes Served in a bun with salsa
<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>	<b>VEGGIE CHOICE</b>
Vegetable Cottage Pie	Quorn and Chickpea Korma Served with a roti wrap	Sweet and Sour Vegetable Chow Mein	Margherita Pasta Bake With wholemeal pasta	Quorn Hot Dog Served in a bun
<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>	<b>CARBOHYDRATE</b>
Dry Roasted Wedges	Brown Rice or Mashed Potato	Jacket Potato or Pasta	Roti Wrap or Pasta	Oven Chips
<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>
Carrots	Pea, Carrot and Sweetcorn Medley	Green Beans	Broccoli	Baked Beans or Peas
<b>PUDDING</b>	<b>PUDDING</b>	<b>PUDDING</b>	<b>PUDDING</b>	<b>PUDDING</b>
Baked Apple Sponge Served with custard	Frosted Carrot Cake	Fruit Salad and Ice Cream	Chocolate and Orange Sponge Served with chocolate custard	Iced Oaty Flapjack

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