

Week one

03/10 31/10 21/11 21/12 16/01 06/02 06/03 27/03

Jacket potatoes are available every day.

Our Amazing Traditional Lasagne Baked Layers of Savoury Beef & Pasta, with Fresh Carrots & Broccoli
 Pasta Pack's Tomato Neapolitan Pasta* v
 Veggie Tomato Sauce with Pasta, Fresh Carrots & Broccoli

Giant Oaty Cookie with Fresh Pineapple Wedge*
 Cooks Homemade Traybake



Burger in a Bun
 Turkey Burger in a Bun with Baked Wedges, Peas & Fresh Cauliflower
 Super Cheesy Mediterranean Tart v
 Cheese & Onion Tart with Baked Wedges, Peas & Fresh Cauliflower

Boss's Banana Bread Pudding* with Custard
 Cooks Homemade Traybake

Roast Pork & Bud's Creamy Mash'd Spuds with Sweetcorn, Seasonal Cabbage & Gravy
 Super Quorn Roast & Bud's Creamy Mash'd Spuds v
 with Sweetcorn, Seasonal Cabbage & Gravy

Chocolatey Cake with Mandarins* and Chocolate Sauce
 Cooks Homemade Traybake

Wednesday

Sadie's Chinese Chicken Noodles with Green Beans & Roasted Fresh Root Vegetables
 Sadie's Sweet Potato and Veggie Ball v
 with Basmati Rice, Green Beans & Roasted Fresh Root Vegetables

Fruity Sultana* Flapjack with Custard
 Cooks Homemade Traybake

Fish Fingers & Chips
 Cod Fillet Fish Fingers & Chips, Baked Beans, Fresh Carrots & Peas
 Cheesy Leek Sausages & Chips v
 Veggie Sausages & Chips, Baked Beans, Fresh Carrots & Peas

Yummy Courgette, Apple and Cinnamon Muffin*
 Cooks Homemade Traybake

Friday



Sandwich with a choice of fillings available daily.
 We have a fresh salad bar available daily.
 All our bread is baked fresh every day.
 Whenever possible we cater for special dietary requests, please speak to your Catering Manager.

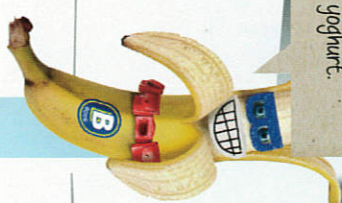
Week two

10/10 07/11 28/11 02/01 23/01 13/02 13/03 03/04

If you don't fancy dessert, you can always enjoy fresh fruit or yogurt.

Italian Inspired Mince Pie
 Mince'd Lamb Topped with Garlic Bread, Fresh Swede & Roast Vegetables
 Fab Italian Style Omelette v
 with Garlic Bread Wedge, Fresh Swede & Roast Vegetables

Chocolate Marble Cake with Warm Berry Compote*
 Cooks Homemade Traybake



Pasta Pack's Meatball Pasta Bake
 Turkey Meatballs in a Tomato Sauce with Pasta, Peas & Fresh Carrots
 Pasta Pack's Mac 'N' Cheese v
 Macaroni Cheese with Peas & Fresh Carrots

Fruit Strudel* with Custard
 Cooks Homemade Traybake

Roast Gammon & Bud's Creamy Spuds
 Fresh Swede, Broccoli & Gravy
 Cauli Corn Bake & Bud's Creamy Spuds v
 Cauliflower & Creamed Corn Bake with Fresh Swede & Broccoli

Chocolate Oaty Cookie* with Fruit Slices
 Cooks Homemade Traybake

Thursday

Sadie's Creamy Chicken Koroma
 Mild Chicken Curry with Rice, Sweetcorn & Fresh Cabbage
 Barry's Sizzling Bean Fajitas v
 Mexican Beans, Peppers & Onions in a Wrap with Sweetcorn & Fresh Cabbage

Wholmeal Orange Triangles*
 Cooks Homemade Traybake

Fish Goujons & Chips
 Golden Salmon Goujons & Chips, Fresh Carrots Peas & Beans
 The Very Veggie Burger v
 Vegetarian Burger & Chips, Fresh Carrots Peas & Beans

Fruity Sponge Cake* with Custard
 Cooks Homemade Traybake



There is a vegetarian choice every day... and don't forget that salad is available daily.

Week three

17/10 14/11 05/12 09/01 30/01 27/02 20/03

Italian Chicken in Tomato Sauce with Half Jacket Potato, Roasted Seasonal Vegetables & Peas
 Pasta Pack's Veggie Bolognese** v
 Vegetarian Bolognese, Roasted Seasonal Vegetables & Peas

Apple Cake with Custard*
 Cooks Homemade Traybake

Bangers with a Mash
 Mountain Pork Sausages with Creamy Mash, Fresh Carrots, Sweetcorn & Gravy
 Barry's BBQ Bean Wrap v
 Healthy Vegetables & Beans Wrapped in a Tortilla, Fresh Carrots & Sweetcorn

Oatie Fruit Crumble* with Custard
 Cooks Homemade Traybake

Roast Turkey & Bud's Crispy Spuds with Fresh Seasonal Cabbage, Fresh Cauliflower & Gravy
 Cheese & Onion Roll v
 Bud's Crispy Spuds v
 Savoury Suet Pastry Roll Served with Fresh Seasonal Cabbage & Fresh Cauliflower

Boss's Banana & Sticky Toffee Pudding*
 Cooks Homemade Traybake

Sadie's Super Chili
 Mild Mexican Chili with Rice, Fresh Swede & Broccoli
 Sadie's Stir Fry with Noodles v
 Quorn Chow Mein with Noodles, Fresh Swede & Broccoli

California Fruity Rice Pudding* with Custard
 Cooks Homemade Traybake

Crispy Fish & Chips
 Battered Pollock & Chips, Baked Beans, Fresh Carrots & Peas
 Cheesy Bread Whirl & Chips v
 Cheese & Potato Whirl & Chips, Baked Beans, Fresh Carrots & Peas

Chocolate Orange Crispy Bar*
 Cooks Homemade Traybake

Keep yourself topped up with water - it will help you concentrate all day long.

