





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
<b>OPTION 1</b>	Sausages with Gravy, Creamed Potatoes, Seasonal Vegetables 	Roast Chicken with Stuffing Balls, Roast Potatoes, Seasonal Vegetables 	Ranch Pie (Quorn) with Potato Topping Seasonal Vegetables	<b>CARVERY</b> 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. 
<b>Allergens:</b>	7, 14.	2.	1, 2, 4, 5, 7.	2, 4, 7.	2, 5, 7, 9, 13.
<b>OPTION 2</b>	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
<b>Allergens:</b>	2, 7, 13, 14.	2, 7.	2, 4, 7.	2, 7.	2, 4, 7, 9.
<b>DESSERT CHOICE</b>	<b>FRUIT PLATTER</b> Chocolate Crunch & Custard, Fruit Jellies, Assorted Yoghurts.	<b>FRUIT PLATTER</b> Eve's Pudding & Custard, Fruit Jellies, Assorted Yoghurts	<b>FRUIT PLATTER</b> Lemon Treacle Sponge & Custard. Fruit Jellies, Assorted Yoghurts	<b>FRUIT PLATTER</b> Fruit Trifle, Fruit Jellies, Assorted Yoghurts	<b>FRUIT PLATTER</b> Selection of Home Baked Delights Fruit Jellies Assorted Yoghurts
<b>Allergens:</b>	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
<b>OPTION 1</b>	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	<b>CARVERY</b> 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. 
<b>Allergens:</b>	2,7,14.	1, 2.	1, 2, 7, 9, 13.	2, 4, 7.	2, 5, 13.
<b>OPTION 2</b>	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
<b>Allergens:</b>	2, 4, 7.	2.	4, 7.	1, 2, 4, 5, 7.	7, 9.
<b>DESSERT CHOICE</b>	<b>FRUIT PLATTER</b> Marble Sponge & Custard, Fruit Jellies, Assorted Yoghurts.	<b>FRUIT PLATTER</b> Coconut Shortcake & Custard, Fruit Jellies, Assorted Yoghurts	<b>FRUIT PLATTER</b> Apple Charlotte, Fruit Jellies, Assorted Yoghurts	<b>FRUIT PLATTER</b> Chocolate Iced Sponge with Fruit, Fruit Jellies, Assorted Yoghurts	<b>FRUIT PLATTER</b> Selection of Home Baked Delights Fruit Jellies Assorted Yoghurts
<b>Allergens:</b>	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

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

(V) = Vegetarian





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

*Week 3*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>	Cheese Pizza (V) served with Jacket Wedges Seasonal Vegetables.	Roast Turkey, Apple Sauce, Creamed Potatoes, Seasonal Vegetables. 	<b>ALL DAY BREAKFAST</b> Sausage, Bacon, Egg, Baked Beans & Tomatoes served with Homemade Bread. 	<b>CARVERY</b> 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. 
<b>Allergens:</b>	2, 7.	7.	2, 4, 7, 14.	2, 4, 7.	2, 5, 7, 9, 13.
<b>OPTION 2</b>	Curried Vegetable Pasty (V) Served with Jacket Wedges, Seasonal Vegetables.	Cheese Pasta (V) served with Seasonal Vegetables	<b>ALL DAY BREAKFAST (V)</b> 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.
<b>Allergens:</b>	2, 4.	1, 2, 7.	2, 4, 7, 13, 14.	2, 4, 7.	7, 9.
<b>DESSERT CHOICE</b>	<b>FRUIT PLATTER</b> Flapjack & Custard, Fruit Jellies, Assorted Yoghurts.	<b>FRUIT PLATTER</b> Pear Frangipane Tart & Custard, Fruit Jellies, Assorted Yoghurts	<b>FRUIT PLATTER</b> Summerberry Tray Bake & Custard, Fruit Jellies, Assorted Yoghurts	<b>FRUIT PLATTER</b> Chocolate Oat Cake & Custard, Fruit Jellies, Assorted Yoghurts.	<b>FRUIT PLATTER</b> Selection of Home Baked Delights, Fruit Jellies Assorted Yoghurts.
<b>Allergens:</b>	2, 4, 7.	2, 4, 7.	2, 4, 7.	2, 4, 7.	2, 4, 7.

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