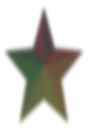
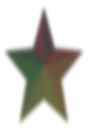
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| **WEEK 1** | **GREEN MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main Meal** | Vegetarian Burger Bun served with Corn Cobette & Homemade Coleslaw  **(GLUTEN, EGG, MILK, SESAME)** | Sausage served with Mashed Potato & Gravy  **(GLUTEN, SO2)** | Roast Pork and stuffing served with Roast Potatoes and Gravy  **(GLUTEN, SO2)** | Large Yorkshire Pudding filled with Savoury Turkey Mince served with Baby New Potatoes  **(GLUTEN, EGG, MILK)** | Traditional Fish Cake  Or  Salmon Fish Cake served with Chips.  **(FISH, GLUTEN)** |
| **Vegetarian Main Course** | Spanish Vegetable Rice Bake  **(GLUTEN, EGG, MILK, MUSTARD, SOYA)** | Vegetable Curry served with Rice  **(CELERY, EGG, GLUTEN, MILK, MUSTARD, SOYA)** | Quorn Sausage served with Stuffing, Roast Potatoes and Gravy  **(GLUTEN, SO2)** | Large Yorkshire Pudding filled with Savoury Quorn Mince served with Baby New Potatoes  **(GLUTEN, SO2, EGG, MILK)** | Cheese & Tomato Whirls served with Chips.  **(GLUTEN, MILK)** |
| **Vegetables** | Peas  &  Sweetcorn | Cabbage  &  Diced Carrots | Broccoli  &  Diced Carrots | Swede  &  Green Beans | Peas  &  Baked Beans |
| **Dessert** | Viennese Whirls  Or  Fruit Pot  **(GLUTEN, SOYA)** | Chocolate Brownie served with Creamy Chocolate Sauce or Fruit Pot  **(GLUTEN, EGG, MILK)** | Orange Cookie  Or  Fruit Boat  **(MILK, EGG, GLUTEN, SOYA)** | Lemon Madeira Cake  Or  Fruit Pot  **(GLUTEN, EGG, SOYA)** | Flapjack  Or  Fruit boat  **(GLUTEN)** |
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Fresh Bread (Wheat, Soya)

Cheese & Crackers (Milk, Gluten)

Salad Selection, Fresh Fruit and

Yoghurts (Milk)

available daily

Fresh Baked Jacket Potato with

Choice of fillings

Cheese (Milk) Tuna (Eggs, Fish) Beans

available daily

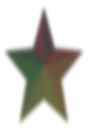
Selection of freshly made,

sandwiches on a choice of

bread (Wheat, Soya)

available daily

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| **WEEK 2** | **GREEN MONDAY** | | | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main Meal** | Vegetarian Burrito  **(MILK, EGGS, SO2, GLUTEN)** | | | Homemade Sausage Roll served with Homemade Wedges  **(GLUTEN)** | Roast Gammon and Stuffing served with  Roast Potatoes and Gravy  **(GLUTEN, SO2)** | Crispy Breaded Chicken served with Wedges and Salad  **(GLUTEN, SOYA)** | Fish Fingers and Chips  **(FISH, GLUTEN)** |
| **Vegetarian Main Course** | Cheese and Tomato Pizza served with Seasoned Diced Potatoes  **(CELERY, GLUTEN, SOYA, EGG, MILK)** | | | Vegetable Stew & Dumplings  **(EGG, GLUTEN, S02)** | Quorn Fillet served with Roast Potatoes and Gravy  **(MILK, SO2, GLUTEN)** | Vegetable Pasta Bake  **(GLUTEN)** | Vegetable Fingers and Chips  **(GLUTEN)** |
| **Vegetables** | Sweetcorn  &  Beans | | | Garden Peas  &  Carrots | Broccoli  &  Diced Carrots | Carrot Batons  &  Green Beans | Sweetcorn  &  Baked Beans |
| **Dessert** | Sticky Ginger Cake and Custard  **(GLUTEN, EGG)**  Or  Fruit Pot | | | Apple Flapjack  **(GLUTEN)**  Or  Fruit Pot | Golden Syrup Sponge and Custard  **(EGGS, GLUTEN, MILK)**  Or  Fruit Pot | Courgette Sponge  **(GLUTEN, MILK, EGG)**  Or  Fruit Pot | Cherry Shortcake Biscuit  **(GLUTEN)**  Or  Fruit Pot |
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Fresh Bread (Wheat, Soya)

Cheese & Crackers (Milk, Gluten)

Salad Selection, Fresh Fruit and

Yoghurts (Milk)

available daily

Selection of freshly made,

sandwiches on a choice of

breads (Wheat, Soya)

available daily

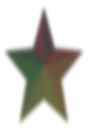
Fresh Baked Jacket Potato with

Choice of fillings

Cheese (Milk) Tuna (Eggs, Fish), Beans

available daily

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| **WEEK 3** | **GREEN MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main Meal** | Cheese and Tomato Pizza with Potato Wedges  **(GLUTEN, MILK, SO2)** | Chilli Con Carne served with Rice  **(GLUTEN)** | Roast Turkey, Yorkshire Pudding, Roast Potatoes and Gravy  **(EGGS, MILK, GLUTEN, SO2)** | Chicken Burger with Garlic Mayo and Salad  **(CELERY, EGGS, GLUTEN, SESAME)** | Battered Fish  served with Chips  **(FISH, GLUTEN)** |
| **Vegetarian Main Course** | Quorn Mince Spaghetti Bolognese  **(GLUTEN, SOYA, EGG, MUSTARD)** | Winter Vegetable Soup with a Crusty Roll  **(CELERY, WHEAT, SESAME)** | Macaroni Cheese  **(MUSTARD, WHEAT, MILK, SOYA)** | Cheese and Onion Quiche served with New Potatoes  **(EGGS, GLUTEN, MILK)** | Meat Free Dippers served with Chips  **(GLUTEN)** |
| **Vegetables** | Sweetcorn  &  Garden Peas | Diced Carrots  &  Green Beans | Broccoli  &  Diced Carrots | Sweetcorn  &  Baked Beans | Baked Beans  &  Garden Peas |
| **Dessert** | Ginger Biscuit  **(GLUTEN)**  Or  Fruit Salad | Apple Crumble and custard  **(WHEAT, MILK)**  Or  Fruit Boats | Strawberry Jelly  Or  Fruit Kebabs | Orange Shortbread Biscuit  **(GLUTEN,SOYA)**  Or  Fruit Salad | Rice Pudding with Strawberry Jam  **(MILK, SOYA)**  Or  Fruit Pots |
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Selection of freshly made,

sandwiches on a choice of

bread (Wheat, Soya)

available daily

Fresh Bread (Wheat, Soya)

Cheese & Crackers (Milk, Gluten)

Salad Selection, Fresh Fruit and

Yoghurts (Milk)

available daily

Fresh Baked Jacket Potato with

Choice of fillings

Cheese (Milk) Tuna (Eggs, Fish) Beans

available daily