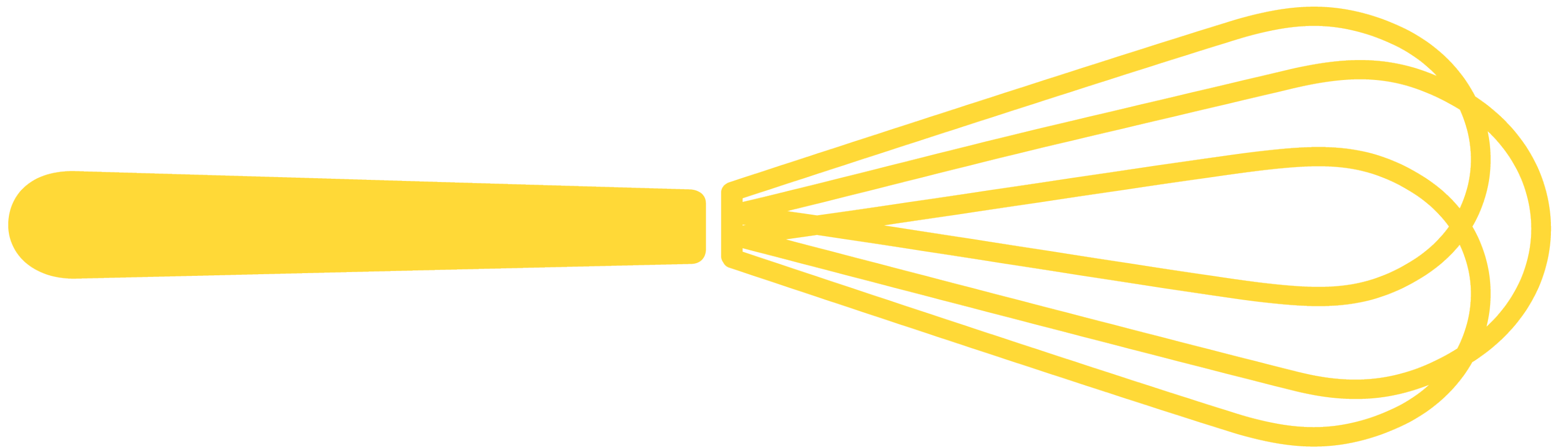


lunch week 1.

| | mon | tue | wed | thu | fri | sat | sun |
|------------|---|---|---|--|---|---|----------|
| bread. | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | B |
| soup. | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | R |
| main 1. | beef goulash, paprika dumplings sour cream | normandy pork chop, apples, mushrooms & cream | honey & mustard glazed ham char-grilled pineapple & orange | chicken, ham hock leek & mustard pie | hand battered fish of the day Lemons / Tartar sauce pickled onions giant gherkins | spaghetti bolognese bacon & cheese mac | U |
| vegetarian | country vegetable, spinach & mustard pie | tomato, red pepper & chilli risotto parmesan crisps | applewood cheese & leek pie | baked stuffed peppers, greek feta & basil | five bean lasagne | basil, tomato, red onion & feta pasta | N |
| Sides. | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | C |
| Jackets. | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | H |
| Pasta. | spaghetti milanease | Reggae reggae chicken, pepperoni & penne | creamy char-grilled chicken, mushroom & garlic tagliatelle | penne napoli, black olives & mozzarella | Chef's Healthy Choice | | |
| dessert. | steamed syrup sponge vanilla custard home baked cakes jelly pots yoghurt pots fresh fruit pots | bread & butter pudding custard home baked cakes jelly pots yoghurt pots fresh fruit pots | eve's pudding custard home baked cakes jelly pots yoghurt pots fresh fruit pots | traditional creamy rice pudding home baked cakes jelly pots yoghurt pots fresh fruit pots | apple crumble Custard home baked cakes jelly pots yoghurt pots fresh fruit pots | fresh fruit salad home baked cakes jelly pots yoghurt pots fresh fruit pots | |

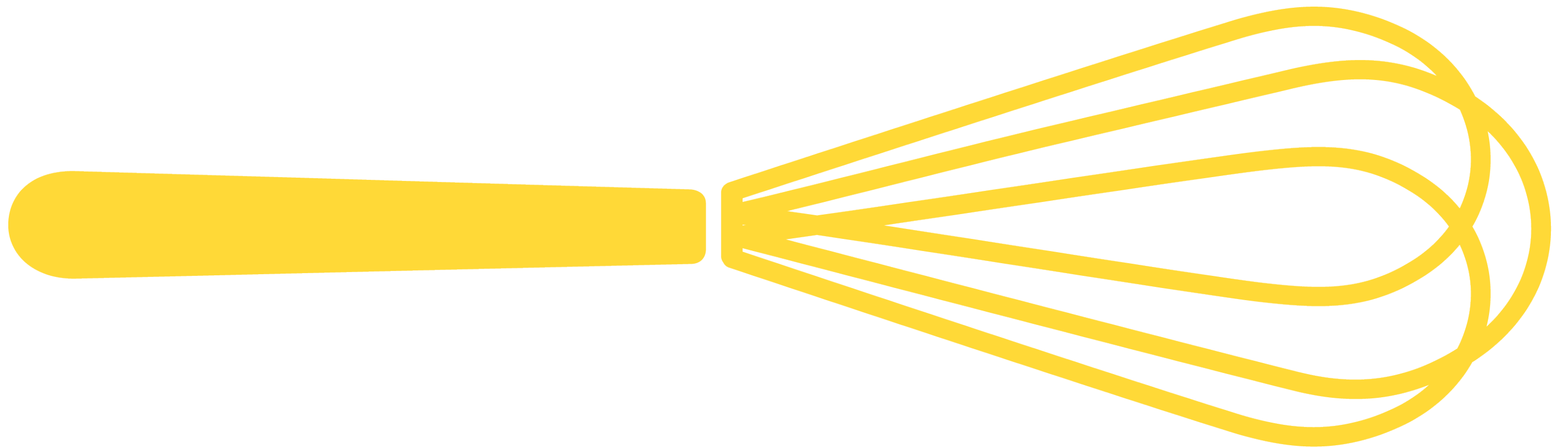
lunch week 1.



lunch week 2.

| | mon | tue | wed | thu | fri | sat | sun |
|-------------|--|--|---|---|---|--|----------|
| bread. | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | B |
| soup. | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | R |
| main 1. | mediterranean style chicken, rice pilaff garlic bread | traditional cumberland pie topped with crispy crumb potatoes | roast turkey breast sage & onion stuffing cranberry sauce | burrito bar char-grilled pineapple & roasted cherry tomato spicy beef & peppers cajun chicken & peppers | hand battered fish of the day lemon / tartar sauce pickled onions giant gherkins | chicken alfredo spinach & Ricotta tortellini tomato ragu | U |
| Vegetarian. | mushroom & spinach lasagne | vegetarian cottage pie with sweet potato mash | mediterranean tart with fresh basil | mushroom chow mein | spinach, salmon & dill fettuccini | pasta arrabiata | N |
| Sides. | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | C |
| Jackets. | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | H |
| Pasta. | spaghetti carbonara | creamy tomato pesto pasta | macaroni & double cheese bake | pasta bolognaise | Chef's Healthy Choice | | |
| dessert. | jam roly poly custard selection of home baked cakes jelly pots yoghurt pots fresh fruit pots | orange & lemon cheesecake selection of home baked cakes jelly pots yoghurt pots fresh fruit pots | chocolate sponge chocolate sauce selection of home baked cakes jelly pots yoghurt pots fresh fruit pots | Semolina jam sauce selection of home baked cakes jelly pots yoghurt pots fresh fruit pots | apple & blackberry pie Custard selection of home baked cakes jelly pots yoghurt pots fresh fruit pots | fresh fruit salad selection of home baked cakes jelly pots yoghurt pots fresh fruit pots | |

lunch week 2.



lunch week 3.

| | mon | tue | wed | thu | fri | sat | sun |
|-------------|---|---|---|---|---|---|----------|
| bread. | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | chefs bread of the day butter flora selection dipping oils | B |
| soup. | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | chefs soup of the day herb croutons chilli flakes poppy seeds pumpkin seeds parmesan | R |
| main 1. | pork & leek sausage cumberland sausage pan gravy | reggae reggae jerk chicken char-grilled pineapple | roast topside beef horseradish yorkshire pudding | beef & mushroom stroganoff | hand battered fish of the day lemon / tartar sauce pickled onions giant gherkins | beef lasagne spaghetti carbonara | U |
| Vegetarian. | veggie toad in the hole pan gravy | reggae reggae sweet potato, charred peppers & red onion spiced rice | aubergine parmigiani garlic bread | 3 bean chilli enchiladas Sour cream salsa | 3 cheese & onion quiche | macaroni cheese | N |
| Sides. | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | selection of freshly prepared vegetables | C |
| Jackets. | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | baked potatoes baked beans grated cheddar tuna mayonnaise | H |
| Pasta. | ham, broccoli & cherry tomato tagliatelle | spicy arrabiata, basil & mozzarella penne | spicy BBQ chicken & roast tomato ragu | garlic, mushroom & pesto rigati, parmesan crust | Chef's Healthy Choice | spaghetti carbonara | |
| dessert. | jam & coconut sponge custard selection of home baked cakes | pear & berry crumble,custard selection of home baked cakes | pineapple upside down custard selection of home baked cakes | bakewell tart custard selection of home baked cakes | rice pudding Jam sauce selection of home baked cakes | fresh fruit salad selection of home baked cakes | |

lunch week 3.

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | jelly pots yoghurt pots fresh fruit pots | jelly pots yoghurt pots fresh fruit pots | jelly pots yoghurt pots fresh fruit pots | jelly pots yoghurt pots fresh fruit pots | jelly pots yoghurt pots fresh fruit pots | jelly pots yoghurt pots fresh fruit pots | |
|--|--|--|--|--|--|--|--|

