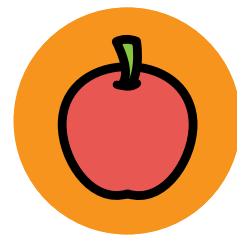
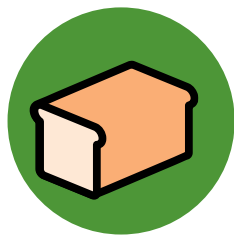
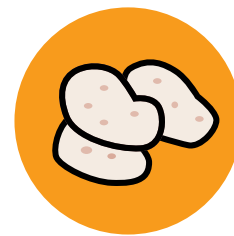
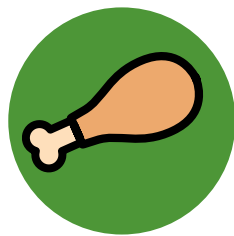


Autumn/Winter

Menu

Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Super Bowl	Lentil Soup with Crusty Bread	Tomato Soup with Crusty Bread	Sweet Potato Soup with Crusty Bread	Split Pea Soup with Crusty Bread	Soup of the Day with Crusty Bread
Hot Stuff	Sausage, chips and Baked Beans	Cottage Pie with Broccoli	Steak Pie with Mashed Potatoes & Seasonal Vegetables (Broccoli/cauliflower/cabbage)	Cooks Choice of Chicken Curry Thai, Tikka or Korma with Rice and Naan Bread	Fish, Chips and Peas
	Savoury Rice with Sweet & Sour Sauce and Naan Bread	Cheese and Tomato Pizza with Garlic Bread and Coleslaw	Macaroni Cheese with Crusty Bread, Peas and Sweetcorn	Vegetable Burger Roll with Curly Fries and Mixed Salad	Spicy Tomato Pasta with Crusty Bread and Mixed Salad
Panini Selection	Cheese or Chicken Tikka	Cheese or Cheese & Pepperoni	Cheese or Cheese & Ham	Cheese or Cheese & Bacon	Cheese or BBQ Chicken
Smart Jacket	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese
Pasta King	Selection of two sauces available daily	Selection of two sauces available daily	Selection of two sauces available daily	Selection of two sauces available daily	Selection of two sauces available daily
The Fill	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese
Homebaking	Selection of Homebaking available daily	Selection of Homebaking available daily	Selection of Homebaking available daily	Selection of Homebaking available daily	Selection of Homebaking available daily
The Mix	Salad Options available daily	Salad Options available daily	Salad Options available daily	Salad Options available daily	Salad Options available daily
Extras	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily
Tutti Fruity	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily



fresh

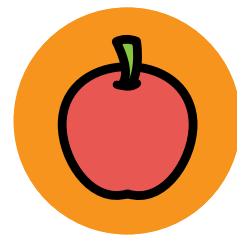
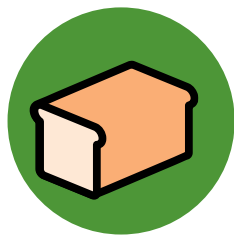
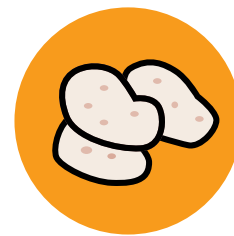
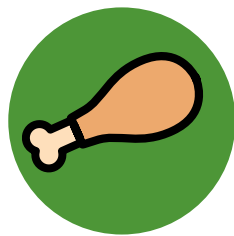


Autumn/Winter

Menu

Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Super Bowl	Split Pea Soup with Crusty Bread	Lentil Soup with Crusty Bread	Chicken & Rice Soup with Crusty Bread	Vegetable Soup with Crusty Bread	Soup of the Day with Crusty Bread
Hot Stuff	Beefburger Roll with Curly Fries and Mixed Salad	Pizza, Mixed Variety (pepperoni, chicken, ham) with Wedges and Salad	Meatloaf with BBQ Sauce, Roasted Winter Vegetables, Baby Boiled Potatoes	Haggis, Mashed Potato and Turnip	Chicken Pie with Roast Potatoes and Seasonal Vegetables
	Breaded Salmon fillet with Mashed Potato and Broccoli Cheese	Vegetables in Batter, Mixed Dips with Crunchy Mixed Salad	Macaroni Cheese with Crusty Bread and Side Salad	Fish Fingers, Chips, Peas and Sweetcorn	Vegetable Tikka with Rice and Naan Bread
Panini Selection	Cheese or Cheese & Ham	Cheese or Sweet Chilli Chicken	Cheese or Cheese and Pepperoni	Cheese or Chicken Tikka	Cheese or Cheese & Bacon
Smart Jacket	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese
Pasta King	Selection of two sauces available daily	Selection of two sauces available daily	Selection of two sauces available daily	Selection of two sauces available daily	Selection of two sauces available daily
The Fill	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese
Homebaking	Selection of Homebaking available daily	Selection of Homebaking available daily	Selection of Homebaking available daily	Selection of Homebaking available daily	Selection of Homebaking available daily
The Mix	Salad Options available daily	Salad Options available daily	Salad Options available daily	Salad Options available daily	Salad Options available daily
Extras	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily
Tutti Fruity	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily



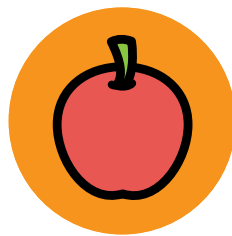
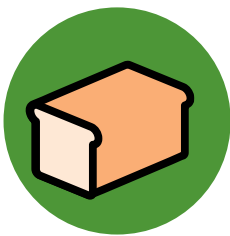
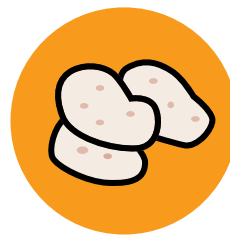
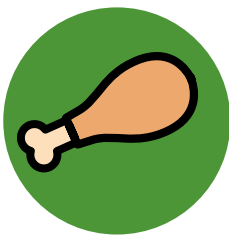
fresh



Autumn/Winter

# Menu Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Super Bowl	Lentil Soup with Crusty Bread	Split Pea Soup with Crusty Bread	Cream of Chicken Soup with Crusty Bread	Tomato & Basil Soup with Crusty Bread	Soup of the Day with Crusty Bread
Hot Stuff	Steak Pie with Mashed Potatoes and Seasonal Vegetables	Jerk Chicken with Rice, Peas and Red Kidney Beans	Sausage Roll with Chips and Baked Beans	Bolognese Pasta Bake with Garlic Bread and Mixed Salad	Roast Chicken with Stuffing and Gravy, served with Mashed Potatoes and Seasonal Vegetables
	Spicy Tomato Pasta with Garlic Bread and Mixed Salad	Cheese and Tomato Pizza with Curly Fries and Mixed Salad	Variety of Filled Savoury Potato with Mixed Salad	Fish and Chips with Peas and Sweetcorn	Macaroni Cheese with Crusty Bread and Mixed Salad
Panini Selection	Cheese or Cheese & Pepperoni	Cheese or Cheese & Ham	Cheese or Chicken Korma	Cheese or Spicy Chicken	Cheese or BBQ Chicken
Smart Jacket	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese	Baked Beans or Cheese
Pasta King	Selection of two sauces available daily	Selection of two sauces available daily	Selection of two sauces available daily	Selection of two sauces available daily	Selection of two sauces available daily
The Fill	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese	Cold Meat Tuna Egg Cheese
Homebaking	Selection of Homebaking available daily	Selection of Homebaking available daily	Selection of Homebaking available daily	Selection of Homebaking available daily	Selection of Homebaking available daily
The Mix	Salad Options available daily	Salad Options available daily	Salad Options available daily	Salad Options available daily	Salad Options available daily
Extras	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily	Cold Pasta Tubs available daily Selection of Hot & Cold Drinks available daily
Tutti Fruity	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily	Fresh Fruit & Fruit Tubs Available Daily



fresh