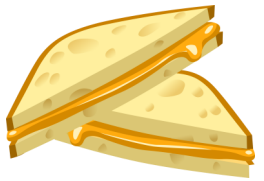
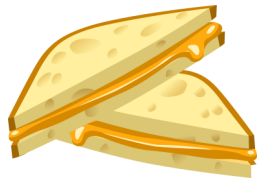
WEEK ONE MENU



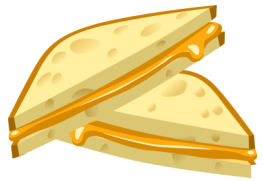
Week 1	MON	TUE	WED	THUR	FRI
Hot main	Beef cottage pie	Chicken curry	Sausage and mash potatoes	Beef lasagne	sausage and chips
Hot veggie main	Veggie cottage pie	Quorn curry	Quorn sausage and mash	Veggie lasagne	fish and chips
vegetables/Bread	Mixed vegetables	Mixed rice and naan	vegetables	Garlic bread	beans peas /curry sauce
Dessert	Chocolate sponge	Fruity flapjack	upbeet cake	Chocolate cracknel	cooks dessert of the day
jacket potato	hot or cold fillings	hot or cold fillings	hot or cold fillings	hot or cold fillings	hot or cold fillings
Grab and go	Hot baps of the day	Panini	Hot baps of the day	Panini	chips
Sandwiches	fresh sandwiches daily	fresh sandwiches daily	fresh sandwiches daily	fresh sandwiches daily	fresh sandwiches daily
fruit or salad	fruit or salad boxes	fruit or salad boxes	fruit or salad boxes	fruit or salad boxes	fruit or salad boxes
pasta station	pasta station	pasta station	pasta station	pasta station	pasta station

WEEK TWO MENU



Week 2	MON	TUE	WED	THUR	FRI
Hot main	sweet chilli sausage stir fry	chicken roast dinner	Chicken curry	Beef Bolognese	sausage and chips
Hot veggie main	veggie stir fry	Quorn roast with veg	Quorn curry	Quorn Bolognese	fish and chips
Vegetables/bread	noodles	potatoes and veg	mixed rice and naan	Garlic bread	beans /peas curry sauce
Dessert	hot muffins	Apple flapjack	upbeet cake	tiffin	cooks dessert of the day
jacket potato	hot or cold fillings	hot or cold fillings	hot or cold fillings	hot or cold fillings	hot or cold fillings
Grab and go	hot baps of the day	Panini	Hot baps of the day	Panini	chips
Sandwiches	fresh sandwiches daily	fresh sandwiches daily	fresh sandwiches daily	fresh sandwiches daily	fresh sandwiches daily
fruit or salad	fruit or salad	fruit or salad	fruit or salad	fruit or salad	fruit or salad
pasta station	pasta station	pasta station	pasta station	pasta station	pasta station

WEEK THREE MENU



Week 3	MON	TUE	WED	THUR	FRI
Hot main	Chicken and bacon pie	Beef chilli	Meatballs in tomato ragu	Hunters chicken	sausage and chips
Hot veggie main	Cheesy tomato risotto	Veggie chilli	Quorn balls in ragu	Margherita pasta	fish and chips
Vegetables/bread	Mash and vegetables	mixed rice	garlic bread	roast potatoes and veg	chips beans or mushy peas
Dessert	Iced sponge	tiffin	Hot muffins	Chocolate delight	cooks dessert of the day
Jacket potato	hot or cold fillings	hot or cold fillings	hot or cold fillings	hot or cold fillings	hot or cold fillings
Grab and go	hot baps of the day	Panini	Hot baps of the day	Panini	chips
Sandwiches	fresh sandwiches	fresh sandwiches	fresh sandwiches	fresh sandwiches	fresh sandwiches
fruit or salad boxes	fruit or salad boxes	fruit or salad boxes	fruit or salad boxes	fruit or salad boxes	fruit or salad boxes
pasta station	pasta station	pasta station	pasta station	pasta station	pasta station