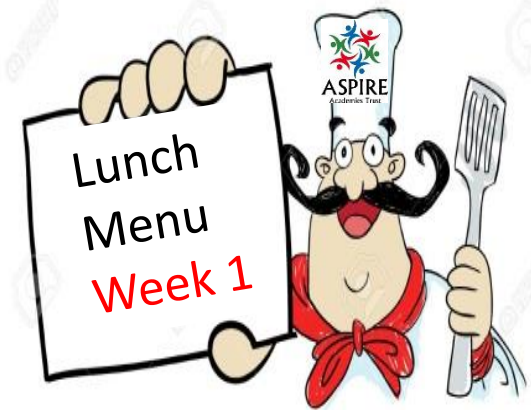


14<sup>th</sup> Oct, 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec,

Day	Main Course	Vegetarian	Allergy Free
Monday	Mini battered Fish with peas and chips (NF)	Macaroni Cheese with Garlic bread (V,NF,H)	Mozzarella & Haddock Fish cake with chips (GF,V,NF,H)
Tuesday	Beef strips in gravy served in a Yorkshire Pud (NF,H)	Red pepper & Broccoli quiche (V,NF,H)	Mini chicken fillet breast with mushroom sauce (GF,NF,H)
Wednesday	Chicken pie with gravy (NF,H)	Falafel wrap (V,VG,DF,NF,H)	Mushroom & leek stroganoff with rice (GF,V,,,NF,H)
Thursday	Roast Pork served with Roast potatoes, vegetables, Yorkshire Pud and gravy (GF,NF,)	Quorn fillet served with Roast potatoes, fresh vegetables, Yorkshire Pud and gravy (GF,V,NF,H)	Vegetable Curry with rice (GF,V,DF,NF,H)
Friday	Pizza Feast Choice of Pepperoni, Margherita or Vegan cheese /mushrooms/ onions/peppers on a gluten free base served with pasta, salad and golden wedges (GF,V,VG,DF,NF,H)		

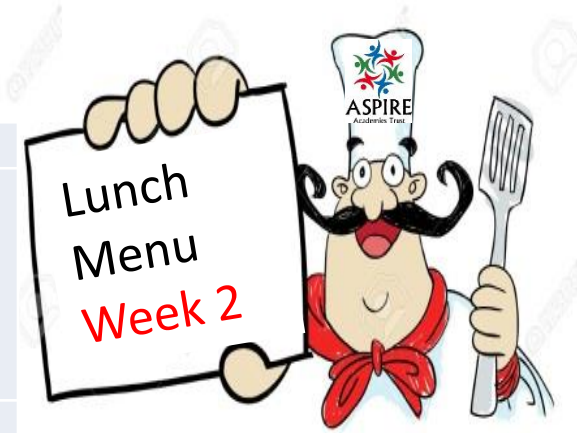


Fresh Baked Jacket Potatoes with a choice of fillings are available every day

Help yourself salad bar is available every day

All meals are served with Seasonal Vegetables and Potatoes

21<sup>st</sup> Oct, 18<sup>th</sup> Nov, 9<sup>th</sup> Dec,



Day	Main Course	Vegetarian	Allergy Free
Monday	Spaghetti bolognaise with garlic bread (NF,)	Spinach and Ricotta cannelloni topped with super sauce (V,NF,H)	Steamed salmon fillet (GF,V,DF,NF,H)
Tuesday	Sausages & mash (NF)	Quorn nuggets (V,NF,H)	Beef stir-fry (GF,DF,NF,H)
Wednesday	Gammon steak with pineapple (GF,DF,NF)	Sliced potato bake (GF,V,,NF,H)	Chicken curry with rice (GF,DF,NF,H)
Thursday	Roast Chicken and stuffing served with roast potatoes and vegetables, Yorkshire Pud and gravy (GF,NF,H)	Vegetable pasta bake (V,VG,NF,H)	Vegetable Moussaka with gluten free garlic bread (GF,V,VG,DF,NF,H)

Friday	Burger Bar Choose between Beef Burger or Bean Burger, add fillings of your choice, served with chips, salad and vegetables (GF,DF,NF,V,VG)		
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Fresh Baked Jacket Potatoes with a choice of fillings are available every day

Help yourself salad bar is available every day

All meals are served with Seasonal Vegetables and Potatoes

4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec,



Day	Main Course	Vegetarian	Allergy Free
Monday	Bacon & cheese turn-over (NF)	Cheese omelette with vegetables (GF,V,NF,H)	Turkey meatballs with spaghetti (GF,DF,NF,)
Tuesday	Beef lasagne with garlic bread (NF)	Courgette & vegetable patties  (V,NF,H)	Cheese and vegetable bake (NF,DF,GF,V,VG)
Wednesday	Chicken chunks with Sweet and sour sauce (DF,NF,H)	Cheese and tomato pinwheels (V,NF,H)	Beef chilli with rice (GF,DF,NF)
Thursday	Roast beef served with roast potatoes and vegetables, Yorkshire Pudding and gravy (GF,NF,H)	Cauliflower & Broccoli mornay (GF,V,NF,H)	BBQ chicken with rice (GF,DF,NF,H)
Friday	Hot Dogs Choose between -Pork Hot Dog, Veggie Dog or a Allergy Free Hot Dog in a gluten free roll, served with chips, salad and vegetables (DF,NF,V, GF,VG)		

Fresh Baked Jacket Potatoes with a choice of fillings are available every day

Help yourself salad bar is available every day

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