

WEEK ONE



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Homemade Pizza Choose from cheese & tomato or pepperoni served with sweetcorn and potato wedges.</p> 	<p>Creamy Chicken Curry Choose from a homemade Creamy Chicken Curry or a Sweet Potato & Lentil Curry served with Basmati Rice, Naan bread.</p> 	<p>Ham Roast Dinner Choose from either home roast ham or a Quorn fillet served with roast potatoes, vegetables, and gravy.</p> 	<p>Lasagne Choose from fresh minced beef or Quorn mince cooked with onions, garlic, tomatoes, and herbs, layered between pasta sheets, topped with a bechamel sauce, and baked in the oven. Served with garlic bread and salad.</p> 	<p>Fish & Chips Choose from either Cod fillet fish fingers, or 'fishless' fish fingers served with chips and peas or baked beans. Gravy and curry sauce available.</p> 
<p><i>Jacket Potatoes and Paninis cheese or cheese & ham or tuna melt are also available daily as a hot alternative</i></p>					
<p><i>Or</i></p>					
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, Chinese chicken, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>					
<p>Dessert Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>					
<p>Drink A selection of fresh fruit juice and milkshakes, milk and water will be available daily</p>					

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<p>Burger Day Choose from a fresh butcher's burger or a Quorn Burger served in a burger bun with corn on the cob & salad.</p> 	<p>Smothered Chicken Choose from a fresh chicken fillet or a Quorn fillet oven baked, topped with a homemade BBQ sauce and cheese, served with savoury rice and broccoli</p> 	<p>Spaghetti Bolognaise Fresh beef or Quorn mixed with pasta topped with garlic crumb and baked in the oven and served with carrots.</p> 	<p>Fajita's Choose from fresh chicken strips or Quorn strips cooked in a mild Fajita seasoning and served in a tortilla wrap with shredded lettuce, strips of peppers, tomatoes, and coleslaw, with mayonnaise and BBQ dip.</p> 	<p>Fish & Chips Choose from either Cod fillet fish fingers, or 'fishless' fish fingers served with chips and peas or baked beans. Gravy and curry sauce available.</p> 
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<p>Pasta bar Pasta served with either tomato & basil or cheese sauce. Garlic bread and sweetcorn</p> 	<p>Homemade Sausage Rolls Choose from either traditional pork sausage meat or cheese and onion, served with mashed potato peas or beans.</p> 	<p>Turkey Roast Dinner Choose from either home roast turkey or a Quorn fillet served with roast potatoes, vegetables, and gravy.</p> 	<p>Chilli Nachos Choose from either fresh minced beef or Veggie mince cooked with onions, mild chilli powder, red peppers and red kidney beans with nachos and served on a bed rice.</p> 	<p>Fish & Chips Choose from either Cod fillet fish fingers, or 'fishless' fish fingers served with chips and peas or baked beans. Gravy and curry sauce available.</p> 
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