




**MENU CYCLE WEEK 1**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEALS</b>				
<p><b>Cottage Pie</b> Fresh minced beef cooked with onions and carrots in a gravy and topped with a mashed potato and baked in the oven until golden served with peas and gravy.</p>	<p><b>Chicken Tikka Masala</b> Pieces of fresh chicken cooked with onions, garlic, ginger, mild spices, tomatoes, yogurt and cream, served on a bed of rice with Naan bread and green beans</p>	<p><b>Roast Dinner Day</b> Choose from our home roasted topside of beef, boned and rolled turkey breast or Quorn(V) fillet served with Yorkshire pudding, roast potatoes, carrots &amp; broccoli and gravy</p> 	<p><b>Pie Day</b> Choose from our homemade steak or cheese and onion (V) pie served with mashed potatoes, peas, and gravy.</p>	<p><b>Chippy Day</b> A selection of favourite fish dishes' chose from Golden Battered Cod, Jumbo Fish Fingers, Crispy Chicken Strips or Quorn(V) Nuggets all baked in the oven and served with Chips and Mushy Peas</p> <p>Curry sauce also available</p>
<i>Or</i>	<i>Or</i>		<i>Or</i>	
<p><b>Vegetable burger</b> A vegetable burger baked in the oven and served in a burger bun with salad and diced potatoes</p>	<p><b>Vegetable Pasta Bake</b> A selection of seasonal vegetables served in a tomato sauce with pasta spirals. Topped with cheese, baked in the oven, and served with garlic bread and green beans</p>		<p><b>Vegetarian Sausage and Mash</b> Quorn sausages baked in the oven and served with mashed potatoes, peas and gravy</p>	
<b>STREET FOOD</b>				
<p>Zinger Chicken Fillet or Vegetable Burger</p> <p style="text-align: center;"><i>Or</i></p> <p>A selection of pizza slices Cheese &amp; Tomato or Pepperoni</p>	<p>Salt &amp; Pepper Chicken with Wedges</p> <p style="text-align: center;"><i>Or</i></p> <p>Southern Fried Chicken Wrap</p> <p style="text-align: center;"><i>Or</i></p> <p>Tomato and cheese Pasta bake served with garlic bread</p>	<p>A selection of Panini's</p> <p style="text-align: center;"><i>Or</i></p> <p>Filled Pitta pockets</p>	<p>Katsu Curry Pot</p> <p>Chicken strips or Quorn Nuggets served with katsu curry sauce on a bed of fragrant basmati rice</p> <p style="text-align: center;"><i>Or</i></p> <p>Southern Fried Chicken or Quorn Wrap With lettuce and mayo</p>	<p>Chilli Nachos</p> <p>Tortilla chips topped with chilli beef, cheese and guacamole</p> <p style="text-align: center;"><i>Or</i></p> <p>Footlong Hotdog Served in a crusty baguette with sauce of your choice</p>
<i>Or Served as a hot Alternative</i>				
Pasta of the day				
<i>Or</i>				
<p><b>Freshly Made crusty French baguettes or wraps - Available Everyday</b></p> <p>Design your own sandwich, first choose your bread – a small baguette, sub roll or tortilla wrap, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, various marinated chicken, turkey, f, egg and finally finish with a choice of salad – cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, beetroot, peppers, red onion (available daily)</p> <p><b>Jacket Potato – Available Daily</b></p> <p>A daily selection of fillings and toppings served with salad.</p>				
<p><b>Available Everyday</b></p> <p>A selection of Home-Baked Desserts, Yogurts, Fresh Fruit and Fruit Pots are available every day.</p>				



**MENU CYCLE WEEK 2**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEALS</b>				
<p><b>Pasta Bake</b> A selection of seasonal vegetables served in a tomato sauce with pasta spirals. Topped with cheese, baked in the oven, and served with garlic bread and green beans</p>	<p><b>Lasagne</b> Fresh minced beef cooked with onions, garlic, tomatoes and herbs, then layered between lasagne pasta sheets and topped with a béchamel sauce before being baked in the oven until golden, and served with garlic bread and salad</p>	<p><b>Roast Dinner Day</b> Choose from our home roasted topside of beef, boned and rolled turkey breast or Quorn(V) fillet served with Yorkshire pudding, roast potatoes, carrots &amp; broccoli and gravy</p> 	<p><b>Chicken Pie</b> Chicken pieces and onions cooked in gravy with shortcrust and a puff pastry lid, served with mashed potatoes, peas and gravy</p>	<p><b>Chippy Day</b> A selection of favourite fish dishes' chose from Golden Battered Cod, Jumbo Fish Fingers, Crispy Chicken Strips or Quorn(V) Nuggets all baked in the oven and served with Chips and Mushy Peas Curry sauce also available</p>
<p><b>Or</b></p> <p><b>Vegetable burger</b> A vegetable burger baked in the oven and served in a burger bun with salad and diced potatoes</p>	<p><b>Or</b></p> <p><b>Pasta Bake</b> A selection of seasonal vegetables served in a tomato sauce with pasta spirals. Topped with cheese, baked in the oven, and served with garlic bread and green beans</p>		<p><b>Or</b></p> <p><b>Vegetarian Sausage and Mash</b> Quorn sausages baked in the oven and served with mashed potatoes, peas and gravy</p>	
<b>STREET FOOD</b>				
<p>Zinger Chicken Fillet or Vegetable Burger Or A selection of pizza slices Cheese &amp; Tomato or Pepperoni</p>	<p>Salt &amp; Pepper Chicken with Wedges Or Southern Fried Chicken Wrap or Tomato and cheese Pasta bake served with garlic bread</p>	<p>A selection of Panini's Or Filled Pitta pockets</p>	<p><b>Katsu Curry Pot</b> Chicken strips or Quorn Nuggets served with katsu curry sauce on a bed of fragrant basmati rice Or <b>Southern Fried Chicken or Quorn Wrap</b> With lettuce and mayo</p>	<p><b>Chilli Nachos</b> Tortilla chips topped with chilli beef, cheese and guacamole Or <b>Footlong Hotdog</b> Served in a crusty baguette With sauce of your choice</p>
<b>OR SERVED AS A HOT ALTERNATIVE</b>				
Pasta of the day				
<b>Or</b>				
Freshly Made crusty French baguettes or wraps - Available Everyday				
Design your own sandwich, first choose your bread – a small baguette, sub roll or tortilla wrap, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, various marinated chicken, turkey, f, egg and finally finish with a choice of salad – cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, beetroot, peppers, red onion (available daily)				
Jacket Potato – Available Daily A daily selection of fillings and toppings served with salad.				
<b>Available Everyday</b> A selection of Home-Baked Desserts, Yogurts, Fresh Fruit and Fruit Pots are available every day				



**MENU CYCLE WEEK 3**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEALS</b>				
<p><b>Sausage &amp; Mash</b> Choose from butcher's quality sausages or Quorn(V) sausages served with mashed potato, gravy, and peas</p>	<p><b>Chicken Balti</b> Choose from fresh chicken pieces cooked with onions, garlic, tomatoes, paprika, turmeric, cumin, coriander, cayenne pepper and cardamon, and served on a bed of rice with Naan bread</p>	<p><b>Roast Dinner Day</b> Choose from our home roasted topside of beef, boned and rolled turkey breast or Quorn(V) fillet served with Yorkshire pudding, roast potatoes, carrots &amp; broccoli and gravy</p>	<p><b>Mince &amp; Onion Day</b> Choose from our homemade mince &amp; onion or cheese and onion pie (V) of the day served with new potatoes and peas</p>	<p><b>Chippy Day</b> A selection of favourite fish dishes' chose from Golden Battered Cod, Jumbo Fish Fingers, Crispy Chicken Strips or Quorn(V) Nuggets all baked in the oven and served with Chips and Mushy Peas Curry sauce also available</p>
<i>Or</i>	<i>Or</i>		<i>Or</i>	
<p><b>Vegetable burger</b> A vegetable burger baked in the oven and served in a burger bun with salad and diced potatoes</p>	<p><b>Pasta Bake</b> A selection of seasonal vegetables served in a tomato sauce with pasta spirals. Topped with cheese, baked in the oven, and served with garlic bread and green beans</p>		<p><b>Vegetarian Sausage and Mash</b> Quorn sausages baked in the oven and served with mashed potatoes, peas and gravy</p>	
<b>STREET FOOD</b>				
<p>Zinger Chicken Fillet or Vegetable Burger Or A selection of pizza slices Cheese &amp; Tomato or Pepperoni</p>	<p>Salt &amp; Pepper Chicken with Wedges Or Southern Fried Chicken Wrap or Tomato and cheese Pasta bake served with garlic bread</p>	<p>A selection of Panini's Or Filled Pitta pockets</p>	<p><b>Katsu Curry Pot</b> Chicken strips served with rice and a Katsu curry sauce.</p> <p><b>Chicken Wrap</b> Crispy chicken or Southern Fried Chicken served in a tortilla wrap.</p>	<p><b>Nachos</b> Tortilla chips, topped with spicy minced beef or spicy Quorn mince and topped with grated cheese, Guacamole and sour cream.</p> <p><b>Footlong</b> Choose from a foot long jumbo pork sausage or Quorn sausages served in a freshly baked baguette.</p>
<b>PASTA</b>				
Pasta of the day	Pasta of the day	Pasta of the day	Pasta of the day	Pasta of the day
<i>Or</i>				
<p><b>Freshly Made Sandwiches - Available Everyday</b> Design your own sandwich, first choose your bread – a small baguette, sub roll or tortilla wrap, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, various marinated chicken, turkey, egg and finally finish with a choice of salad – cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, beetroot, peppers, pasta salads. (a selection will be available daily)</p> <p><b>Jacket Potato – Available Daily</b> A daily selection of fillings and toppings served with salad.</p>				
<b>Available Everyday</b>				
A selection of Home-Baked Desserts, Yogurts, Fresh Fruit and Fruit Pots are available every day.				