WEEK 1 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BROCCOLI SOUP	VEG & PEARL BARLEY SOUP	LENTIL SOUP	MUSHROOM SOUP	LEEK & POTATO SOUP	CHEFS SOUP CHOICE	CHEFS SOUP CHOICE
GROUND BEEF & BAKED BEAN CHILLI	STEAK BAKE	BBQ CHICKEN	BREADED CHICKEN FILLET	PEPPERONI PIZZA	PULLED PORK	LAMB DONAR KEBAB MEAT
CHICKEN SAMOSAS	CHEFS SPECIAL	BACON & CHORIZO CURRIED RICE	CHEFS SPECIAL	MANGO & LIME JUMBO WINGS	CHEFS SPECIAL	CHEFS SPECIAL
MEDITERRANEAN PASTA TWIRLS	CHEESY OMELETTE	THAI VEG SPRING ROLLS	GOLDEN VEGETABLE RICE	CHEESE PIZZA	CREAMY TOMATO & OREGANO PASTA	CHEESE & BROCCOLI PASTA BAKE
OVEN BAKED JACKET POTATO						
CARROTS	BROCCOLI	SWEETCORN	CARROTS	BAKED BEANS	SWEETCORN	BAKED BEANS
STEAMED RICE	CAULIFLOWER	GREEN BEANS	BAKED BEANS	PEAS	SPAGHETTI HOOPS	GREEN BEANS
ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	FRITTERS	STEAMED POTATOES	CHIPS
SALAD BAR & DRESSINGS						
BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
ASSORTED YOGHURTS FULL FAT & LOW FAT						

WEEK 2 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CREAMY ONION SOUP	CARROT & APPLE SOUP	CAULIFLOWER SOUP	TOMATO & FRESH BASIL SOUP	CREAMY CORN & POTATO SOUP	CHEFS EXTRA CHOICE	CHEFS EXTRA CHOICE
PORK MEATBALLS IN A MARINARA SAUCE	BEEF LASAGNE & GARLIC BREAD	ONE POT CHICKEN RICE PEAS & GRAVY	PORK RIB STEAKS	PEPPERONI PIZZA	BACON & CHEESE WRAPS	CHICKEN NUGGETS
SCAMPI & LEMON	CHEFS SPECIAL	CHEESY PEPPERONI PASTA BAKE	CHEFS SPECIAL	BEEF & VEGETABLE DALOON ROLLS	CHEFS SPECIAL	CHEFS SPECIAL
VEGETABLE SAUSAGE IN GRAVY	VEGETABLE SAMOSAS	WAFFLES	EGG FRIED RICE	CHEESE PIZZA	VEGI HOT DOG IN A FINGER ROLL	QUORN MEATBALL SPICY TOMATO PASTA
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO
PEAS	CARROTS	BEANFEAST	SPAGHETTI HOOPS	BAKED BEANS	BROCCOLI	BAKED BEANS
BAKED BEANS	BROCCOLI	SWEETCORN	PEAS	CAULIFLOWER	SPAGHETTI HOOPS	CARROTS
ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	CHIPS	STEAMED POTATOES	CHIPS
SALAD BAR & DRESSINGS						
BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
ASSORTED YOGHURTS FULL FAT & LOW FAT						

WEEK 3 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LENTIL & TOMATO SOUP	QUORN & VEG SOUP	LEEK & POTATO SOUP	WILD MUSHROOM SOUP	BROCCOLI SOUP	CHEFS SOUP CHOICE	CHEFS SOUP CHOICE
HAM & EGG QUICHE	BEEF BURGER IN A BUN	NUTMEG & ORANGE CHICKEN FILLET	SCOTCH PIE	PEPPERONI PIZZA	CHICKEN & HAM CHEESY BUNS	CHICKEN KIEV
LAMB RAGU	CHEFS SPECIAL	BEEFY BAKE	CHEFS SPECIAL	CHICKEN SAMOSAS	CHEFS SPECIAL	CHEFS SPECIAL
GOLDEN VEGETABLE FRITTERS	THAI SPRING ROLLS	MEDITERRANEAN PASTA TWIRLS	QUORN CHILLI & RICE	CHEESE PIZZA	QUORN & TOMATO CHEESY BUNS	CREAMY WILD MUSHROOM PASTA
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO				
CAULIFLOWER	BAKED BEANS	BROCCOLI	PEAS	BAKED BEANS	SPAGHETTI HOOPS	BAKED BEANS
GREEN BEANS	PEAS	CARROTS	BAKED BEANS	CORN COBS	CARROTS	SWEETCORN
ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	FRITTERS	ROAST POTATOES	CHIPS
SALAD BAR & DRESSINGS						
BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
ASSORTED YOGHURTS FULL FAT & LOW FAT	ASSORTED YOGHURTS FULL FAT & LOW FAT					

WEEK 4 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARROT & CORIANDER SOUP	VEGETABLE & RICE SOUP	SPINACH & TOMATO SOUP	CAULIFLOWER & BROCCOLI SOUP	CREAMY QUORN & SPRING ONION SOUP	CHEFS SOUP CHOICE	CHEFS SOUP CHOICE
TURKEY & MUSHROOM PASTA	MINCE & ONION PIES	JUMBO SAUSAGE IN A FINGER ROLL	COD FISH STICKS WITH LEMON	PEPPERONI PIZZA	SCAMPI & LEMON	CHEDDAR & BACON CHICKEN FILLET
GAMMON STEAK WITH PINEAPPLE	CHEFS SPECIAL	CHICKEN HAM & CAULIFLOWER CHEESE BAKE	CHEFS SPECIAL	CHICKEN DRUMSTICKS	CHEFS SPECIAL	CHEFS SPECIAL
SOUTHERN FRIED QUORN ESCALOPES	VEG STIR FRY WITH NOODLES	CAMAMBERT BITES	QUORN TOMATO & VEGETABLE RICE	CHEESE PIZZA	WAFFLES	VEGI HOT DOG IN A FINGER ROLL
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO					
SWEETCORN	CARROTS	BAKED BEANS	PEAS	BAKED BEANS	PEAS	SWEETCORN
BROCCOLI	BAKED BEANS	CORN COBS	SPAGHETTI HOOPS	CARROTS	BAKED BEANS	GREEN BEANS
ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	CHIPS	CHIPS	ROAST POTATOES
SALAD BAR & DRESSINGS						
BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
ASSORTED YOGHURTS FULL FAT & LOW FAT	ASSORTED YOGHURTS FULL FAT & LOW FAT					

WEEK 1 DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREADED PLAICE	CHICKEN KIEV	SCOTCH PIE	HOT DOG IN A FINGER ROLL	PORK CHOPS	SMOKEY BACON MAC & CHEESE	STEAK & SAUSAGE PIE
COCKTAIL SAUSAGE STOVIES	CHEFS SPECIAL	SAUSAGE & BLACK PUDDING TOMATO PASTA	CHEFS SPECIAL	SHEPHERDS PIE	CHEFS SPECIAL	CHEFS SPECIAL
SPINACH & RICOTTA TORTILLINI	VEGETABLE SAUSAGE FRIED RICE	MINI VEGI QUICHE	CHEESE & SPRING ONION PASTA	THAI VEGETABLE NOODLES	VEGI SAUSAGE ROLL	SWEETCORN & BROCCOLI FRITTERS
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO					
PEAS	CARROTS	BROCCOLI	BAKED BEANS	CARROTS	BROCCOLI	CARROTS
BAKED BEANS	SWEETCORN	BAKED BEANS	CAULIFLOWER	ROAST VEG	CAULIFLOWER	TURNIP
ROAST POTATOES	HERB STEAMED POTATOES	ROAST POTATOES	CAJUN ROAST POTATOES	GARLIC BUTTER ROAST POTATOES	CROQUETTES	MASH
STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	HERB STEAMED POTATOES	STEAMED POTATOES	STEAMED POTATOES	ROAST POTATOES
SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS					
BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD	BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD					
FRESH FRUIT	FRESH FRUIT					
BANANA ANGEL MOUSSE	CHOCOLATE PASTRY	CHEFS SPECIAL	MINI JAM DOUGHNUTS	FRUIT COCKTAIL CRUMBLE & CUSTARD	CHOCOLATE COATED CRÈME BRULEE DOUGHNUTS	CHEFS SPECIAL

WEEK 2 DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CREAMY HAM & BROCCOLI PASTA	SAUSAGE ROLL	BEEF MINCE COBBLER	HAGGIS	BREADED COD WITH LEMON	LORNE SAUSAGE IN A BUN	GAMMON STEAK IN GRAVY
TERIYAKI MARINATED CHICKEN FILLET	CHEFS SPECIAL	CORNISH PASTY	CHEFS SPECIAL	COINNAMON & FRESH BASIL CHICKEN	CHEFS SPECIAL	CHEFS SPECIAL
SOUTHERN FRIED QUORN ESCALOPES	NEAPOLITAN PASTA	FALAFEL QUARTER POUNDER	CHEESE & ONION SLICE	TOMATO BASIL MOZARELLA RAVIOLI	CAMAMBERT BITES	CHEESE & TOMATO WRAPS
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO
CARROTS	BAKED BEANS	CAULIFLOWER	TURNIP	PEAS	SPAGHETTI HOOPS	BROCCOLI
SPINACH	SWEETCORN	BROCCOLI	CARROTS	BAKED BEANS	SWEETCORN	BAKED BEANS
ROAST POTATOES	CHEESEY HAM POTATOES	ROAST POTATOES	SPRING ONION MASH	BUTTERY STEAMED POTATOES	ROAST POTATOES	CROQUETTES
STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	HERB ROAST POTATOES	STEAMED POTATOES	STEAMED POTATOES
SALAD BAR & DRESSINGS						
BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD						
FRESH FRUIT						
VICTORIA SPONGE	RASPBERRY JELLY	PEACH CRUMBLE & CUSTARD	STICKY TOFFEE PUDDING CAKE	ICE CREAM TUBS	BLACK MAGIC CHOCOLATE CAKE	CHEFS SPECIAL

WEEK 3 DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHICKEN & MUSHROOM SLICE	CUMBERLAND RINGS WITH GRAVY	CHICKEN ALFREDO PASTA	MEATLOAF WITH TOMATO GRAVY	CHICKEN FRIED RICE	SLOPPY JOE PASTA BAKE	ROAST CHICKEN FILLET WITH YORKIES & GRAVY
PULLED PORK TOMATO PASTA	CHEFS SPECIAL	SAUSAGE ROLL	CHEFS SPECIAL	SAUSAGE STOVIES	CHEFS SPECIAL	CHEFS SPECIAL
CHEESY OMELETTE	CREAMY FRESH BASIL PASTA	VEGETABLE SAMOSAS	MAC & CHEESE WITH GARLIC BREAD	MINI VEGI QUICHE	QUORN SPRING ONION & CAULIFLOWER CHEESE BAKE	VEGETABLE LASAGNE WITH GARLIC FLAT BREAD
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO					
ROAST VEG	SWEETCORN	CAULIFLOWER	CARROTS	TURNIP	SWEETCORN	CARROTS
CARROTS	BAKED BEANS	BRUSSEL SPROUTS	BROCCOLI	GREEN BEANS	BROCCOLI	CAULIFLOWER
CAJUN ROAST POTATOES	MASH	STEAMED POTATOES	CROQUETTES	STEAMED POTATOES	HERB ROAST POTATOES	MASH
STEAMED POTATOES	ROAST POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES
SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS					
BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD	BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD					
FRESH FRUIT	FRESH FRUIT					
CHOCOLATE MOUSSE	JUMBO JAM DOUGHNUTS	ASSORTED COOKIES	CHEFS SPECIAL	RICE PUDDING	MINI CHOCOLATE MUFFINS	CHEFS SPECIAL

WEEK 4 DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAMB LASAGNE & GARLIC BREAD	COCONUT CHICKEN CURRY WITH SUNSHINE RICE & NAAN BREAD	CORNISH PASTY	CHICKEN FRICASSE WITH RICE	PORK & LEEK SAUSAGE CASSEROLE WITH DUMPLINGS	CHEESY BEEF QUESADILLAS	ROAST TURKEY WITH YORKIE PUDS & GRAVY
CHICKEN & LEEK HOT POT	CHEFS SPECIAL	BRAISED BEEF BURGER IN GRAVY	CHEFS SPECIAL	SWEET CHILLI BEEF	CHEFS SPECIAL	CHEFS SPECIAL
FALAFEL QUARTER POUNDER	CHEESE & ONION SLICE	QUORN BOLOGNESE PASTA BAKE	ROAST VEG RAINBOW PASTA	VEGI SAUSAGE ROLL	5 SPICE EGG FRIED RICE	QUORN CURRY WITH NAAN BREAD
OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO	OVEN BAKED JACKET POTATO
CARROTS	BROCCOLI	BAKED BEANS	GREEN BEANS	SPINACH	BAKED BEANS	BRUSSEL SPROUTS
PEAS	TURNIP	CARROTS	SWEETCORN	CAULIFLOWER	BROCCOLI	CARROTS
CROQUETTES	BOMBAY POTATOES	STEAMED POTATOES	GARLIC & HERB ROAST POTATOES	STEAMED POTATOES	CAJUN ROAST POTATOES	STEAMED POTATOES
STEAMED POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES	STEAMED POTATOES	ROAST POTATOES
SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS	SALAD BAR & DRESSINGS
BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD	BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD	BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD	BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD	BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD	BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD	BAGUETTES, WHOLEMEAL BREAD & WHITE BREAD
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
CHOCOLATE FUDGE CAKE	ICE CREAM TUBS	MINI BLUEBERRY MUFFINS	APPLE CRUMBLE & CREAM	ORANGE JELLY	GINGER BREAD MUFFINS	CHEFS SPECIAL