

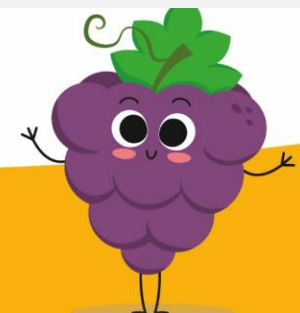
MENU CYCLE WEEK ONE

31st Oct-4th Nov
21st Nov-25th Nov
12th Dec-16th Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Bolognese	Hot Dog & Onions	Roast Chicken & Stuffing	Chicken Curry	Fish Fingers
VEGETARIAN	Quorn Bolognese	Quorn Hot Dog & Onions	Quorn Fillet & Stuffing	Quorn Curry	Cheese & Tomato Pizza
STARCHY FOOD	Spaghetti & Garlic Bread	Potato Wedges	Roast Potatoes	Wholegrain rice & Naan Bread	Chips
VEGETABLE	Peas & Sweetcorn	Green Beans & Baked Beans	Cauliflower & Peas	Broccoli & Carrots	Mushy Peas or Baked Beans
DESSERT	Mixed Fruit Crumble & Custard	Apple Flapjack	Rice Krispie Cake	Banana Muffin	Ice Cream
CARBS	Jacket Potatoes with Cheese, Beans				

Food Allergies and Intolerance

If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.



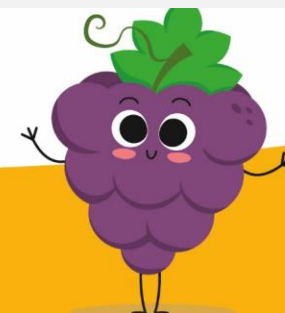
MENU CYCLE WEEK TWO

7th Nov-11th Nov
28th Nov- 2nd Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cottage Pie	Tomato & Herb Pasta Bake	Turkey & Stuffing	Big breakfast (Sausage & Eggs)	Battered Fish
VEGETARIAN	Quorn Cottage Pie	Tomato & Herb Pasta Bake	Quorn Fillet	Veggie Breakfast	Cheese & Tomato Pizza
STARCHY FOOD	Mash Potato	Garlic Bread	Roast Potatoes	Hash browns	Chips
VEGETABLE	Peas & Sweetcorn	Carrots & Sweetcorn	Green Beans & Cauliflower	Baked Beans	Peas & Baked Beans
DESSERT	Marble Cake	Apple Crumble & Custard	Fruit Flapjack	Iced Sponge	Vanilla Shortbread
CARBS	Jacket Potatoes with Cheese, Beans				

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MENU CYCLE WEEK THREE

14th Nov-18th Nov
5th Dec-9th Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef Chilli	Ham Pizza	Roast Pork & Yorkshire Pudding	Baked Cajun Chicken	Battered Fish
VEGETARIAN	Vegetarian Chilli	Cheese & Tomato Pizza	Quorn Fillet	Quorn Fillet	Quorn Battered Sausage
STARCHY FOOD	Potato Wedges or Rice Tortilla chips	Roasted Wedges	Roast Potatoes	Herby Diced Potatoes	Chips
VEGETABLE	Broccoli & Cauliflower	Baked Beans & Sweetcorn	Savoy Cabbage & Carrots	Peas & Sweetcorn	Mushy Peas or Baked Beans
DESSERT	Carrot Cake	Ice Cream	Chocolate Shortbread	Blueberry Cake & Custard	Chocolate Orange Brownie
CARBS	Jacket Potatoes with Cheese, Beans				

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