MENU CYCLE WEEK ONE

W/C
26th June-30th June
17th July-21st July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Fish Cakes	Chicken Nuggets	Chicken Wrap	Tomato & Basil Pasta bake	Ham Pizza
VEGETARIAN	Cheese and Tomato Quiche	Cheese Roll	Veggie Wrap	Tomato & Basil Pasta Bake	Cheese & Tomato Pizza
STARCHY FOOD	Cous-Cous	Wedges	Herby Potatoes	Garlic Bread	Chips
VEGETABLE	Peas & Cauliflower	Beans & Carrots	Sweetcorn & Peas	Baked Beans & Sweetcorn	Mushy Peas or Baked Beans
DESSERT	Jelly or Ice cream	Lemon Sponge	Chocolate Crunch	Chocolate & Beetroot Sponge	Flapjack
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

W/C
3rd July-7th July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Big Breakfast (Sausages & Egg)	Baked potato/Pasta bar with a choice of hot or cold filling Meatballs/BBQ Chicken/Tuna mayo Baked Beans/Cheese	Chicken & Stuffing	Beef Lasagne	Fish Fingers
VEGERTERIAN	Quorn Sausages	Cheese/Baked Beans	Quorn Fillet & Stuffing	Vegetarian Lasagne	Cheese & Tomato Pizza
STARCHY FOOD	Hash Brown	Jacket Potato/Pasta	Roast Potatoes	Garlic Bread	Chips
VEGETABLE	Baked Beans	Carrots & Sweetcorn	Green Beans & Cauliflower	Sweetcorn & Broccoli	Peas & Baked Beans
DESSERT	Chocolate or Strawberry Mousse	Chocolate Chip Cupcake	Jelly or Fruit salad	Ice Cream	Banana Shortbread
CARBS	Jacket Potatoes with Cheese / Beans				

Food Allergies and Intolerance

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MENU CYCLE

WEEK THREE

W/C
19th June-23rd June
10th July-14th July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken & Sweetcorn Pasta Bake	Beef Bolognaise	Jacket potato/Pasta with hot or cold Filling Beans,Cheese,Tuna Mayo	Hot Dog	Battered Fish
VEGETARIAN	Mac n Cheese	Quorn Bolognaise	Vegetarian Bolognaise	Quorn Hot Dog	Cheese & Tomato Pizza
STARCHY FOOD	Garlic Bread	Spaghetti	Pasta/Jacket potato	Herby Diced Potatoes	Chips
VEGETABLE	Broccoli & Carrots	Green Beans & Cauliflower	Carrots & Sweetcorn	Spaghetti Hoops & Peas	Mushy Peas or Baked Beans
DESSERT	Carrot Cake	Ice Cream	Cheese Cake	Apple Flapjack	Chocolate Crunch
CARBS	Jacket Potatoes with Cheese / Beans				

Food Allergies and Intolerance

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