



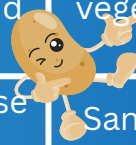






MENU

*Chicken

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal 	Cheeseburger in a bun, served with potato wedges, vegetable sticks and salad	Macaroni Cheese served with peas, cauliflower and homemade garlic bread (v)	Chicken Curry and rice with a wholemeal pitta bread, sweetcorn and peas	Sausages* with gravy served with mashed potato, carrots and broccoli 	Fish and chips with salad and peas 
Vegetarian Hot Meal	Vegetable burger in a bun served with potato wedges, vegetable sticks and salad (v)	Tomato and Pepper Pasta served with salad and carrot sticks (v) 	Vegetable Curry and rice with a wholemeal pitta bread, sweetcorn and peas (v)	Veggie sausages with gravy served with mashed potato, carrots and broccoli (v)	Vegan Dippers and chips with salad and peas (v)
Baked Potato	Baked potato with tuna mayonnaise or cheese (v) with vegetable sticks and salad	Baked potato with baked beans (v) or tuna mayonnaise with vegetable sticks and salad	Baked potato with tuna mayonnaise or cheese (v) with vegetable sticks and salad 	Baked potato with baked beans (v) or tuna mayonnaise with vegetable sticks and salad	Baked potato with tuna mayonnaise or cheese (v) with vegetable sticks and salad
Soup and a deli choice	Sandwich with ham or cheese (v) with soup and vegetable sticks	Sandwich with chicken mayonnaise or cheese (v) with soup and vegetable sticks 	Soft Bap with cheese (v) or tuna mayonnaise with soup and vegetable sticks	Sandwich with ham or cheese (v) with soup and vegetable sticks	Sandwich with chicken mayonnaise or cheese (v) with soup and vegetable sticks
Fruit and a choice of soup, yoghurt or home baking. Fruit is included with every meal	Fruit and Lentil Soup (v) or yoghurt 	Fruit and roasted Sweet Potato Soup (v) or home baking	Fruit and Lentil Soup (v) or home baking	Fruit and Hearty Vegetable Soup (v) or ice cream 	Fruit and Lentil Soup (v) or yoghurt

Week Commencing - 19th August, 9 September, 30th September, 21 October, 11th November, 2nd December and 23rd December





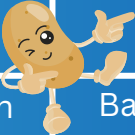


MENU

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal 	Pizza served with salad and vegetable sticks (v)	Beef Bolognese Pasta served with green beans, mixed salad and garlic bread	Chicken Curry and rice with a wholemeal pitta bread, sweetcorn and peas	Roast beef inside yorkshire pudding with gravy, mashed potato, broccoli and carrots	Fish and chips with sweetcorn and peas
Vegetarian Hot Meal	Cheese Toastie with baked beans and tomato wedges (v)	Pasta Arabiatta with garlic bread, green beans and salad (v)	Lentil Dahl with wholemeal pitta bread, seasoned potato wedges, salad, vegetable sticks and sweet chilli sauce	Veggie Meatballs inside yorkshire pudding with gravy, mashed potato, broccoli and carrots (v)	Vegan Dippers and chips with sweetcorn and peas (v)
Baked Potato	Baked potato with tuna mayonnaise or cheese (v) with vegetable sticks and salad	Baked potato with baked beans (v) or tuna mayonnaise with vegetable sticks and salad	Baked potato with tuna mayonnaise or cheese (v) with vegetable sticks and salad	Baked potato with baked beans (v) or tuna mayonnaise with vegetable sticks and salad	Baked potato with tuna mayonnaise or cheese (v) with vegetable sticks and salad
Soup and a deli choice	Sandwich with ham or cheese (v) with soup and vegetable sticks	Sandwich with chicken mayonnaise or cheese (v) with soup and vegetable sticks	Soft Bap with cheese (v) or tuna mayonnaise with soup and vegetable sticks	Sandwich with ham, tuna mayonnaise or cheese (v) with soup and vegetable sticks	Sandwich with chicken mayonnaise or cheese (v) with soup and vegetable sticks
Fruit and a choice of soup, yoghurt or home baking. Fruit is included with every meal	Fruit and Lentil Soup (v) or yoghurt	Fruit and Vegetable Soup (v) or home baking	Fruit and Lentil Soup (v), yoghurt or home baking	Fruit and Vegetable Soup (v) or ice cream	Fruit and Lentil Soup (v) or yoghurt

Week Commencing - 5th August, 26th August, 16th September, 7th October, 28th October, 18th November, 9th December and 30th December

MENU

*Salmon

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal 	Fish Fingers** with mashed potato and baked beans	Beef lasagne with mixed salad, sweetcorn and homemade garlic bread	Chicken Curry and rice with a wholemeal pitta bread, sweetcorn and peas	Steak Pie with mashed potato, broccoli and carrots	Fish and chips with salad and peas 
Vegetarian Hot Meal	Fishless Fingers with mashed potato and baked beans	Tomato Pasta with mixed salad, sweetcorn and homemade garlic bread (v) 	Vegetable Curry and rice with a wholemeal pitta bread, sweetcorn and peas	Veggie Sausage Roll with mashed potato, sweetcorn and peas (v) 	Vegan Dippers and chips with salad and peas (v)
Baked Potato	Baked potato with tuna mayonnaise or cheese (v) with vegetable sticks and salad	Baked potato with baked beans (v) or tuna mayonnaise with vegetable sticks and salad	Baked potato with tuna mayonnaise or cheese (v) with vegetable sticks and salad 	Baked potato with baked beans (v) or tuna mayonnaise with vegetable sticks and salad	Baked potato with tuna mayonnaise or cheese (v) with vegetable sticks and salad
Soup and a deli choice	Sandwich with ham or cheese (v) with soup and vegetable sticks	Sandwich with chicken mayonnaise or cheese (v) with soup and vegetable sticks	Soft Bap with cheese (v) or tuna mayonnaise with soup and vegetable sticks	Sandwich with ham or cheese (v) with soup and vegetable sticks	Sandwich with chicken mayonnaise or cheese (v) with soup and vegetable sticks
Fruit and a choice of soup, yoghurt or home baking. Fruit is included with every meal	Fruit and Lentil Soup (v) or yoghurt 	Fruit and Lentil Soup (v) or home baking	Fruit and Chunky Vegetable Soup (v), yoghurt or home baking	Fruit and Vegetable Soup (v) or ice cream 	Fruit and Cream of Tomato Soup (v) or yoghurt

Week Commencing - 12th August, 2nd September, 23rd September, 4th October, 14th November, 25th November and 16th December