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Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3					
Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice	Main Meal Choice					
<p>Sausages</p>  <p>Creamed Potatoes</p>  <p>Baked Beans or Vegetable of the day</p>	<p>Pork Meatballs</p>  <p>Wholegrain Vegetable Rice</p> <p>Garlic Bread</p> 	<p>Roast Beef Yorkshire Pudding</p>  <p>Roast Potatoes, Cabbage Carrots, Gravy</p> 	<p>Un-breaded Turkey Burger in a Bun</p>  <p>Mixed Salad & Coleslaw</p> 	<p>Cod Fish Fingers</p>  <p>Creamed Potatoes</p>  <p>Garden Peas</p>					
<p>Quorn Sausages</p>  <p>Creamed Potatoes</p>  <p>Baked Beans or Vegetable of the day</p>	<p>Sweet Chilli Glazed Fillet of Salmon</p>  <p>New Potatoes Broccoli</p> 	<p>Breaded Chicken Fillets</p>  <p>Creamed Potatoes</p>  <p>Baked Beans</p>	<p>Lamb Rogan Josh</p>  <p>Turmeric Rice</p>	<p>Honey Glazed Pork Medallions</p> <p>Creamed Potatoes</p>  <p>Garden Peas</p>					
<p>(V)Mediterranean Veg Stuffed Pepper</p>  <p>with Savoury Rice</p>	<p>(V) Quorn Curry</p>  <p>Wholemeal Vegetable Steamed Rice Garlic Bread</p> 	<p>(V) Vegetable Cottage Pie</p>  <p>Cabbage, Carrots, Gravy</p> 	<p>(V)Baked Vegetable Biryani</p> 	<p>(V) Quorn Dippers</p>  <p>Creamed Potatoes</p>  <p>Garden Peas</p>					
<p>(V) Pasta</p>  <p>Creamy Tomato Vegetable Sauce</p>  <p>Crusty Bread</p>  <p>Mixed Salad</p>	<p>Chicken and Chorizo Pasta</p>  <p>Crusty Bread</p>  <p>Mixed Salad</p>	<p>(V)Pasta</p>  <p>Sundried tomato & Red Onion Sauce</p>  <p>Crusty Bread</p>  <p>Mixed Salad</p>	<p>(V) Macaroni Cheese</p>  <p>Crusty Bread</p>  <p>Mixed Salad</p>	<p>Broccoli & Smoked Haddock Pasta Bake</p>  <p>Crusty Bread</p>  <p>Mixed Salad</p>					
Potatoes, Sandwiches and Salad Options									
A selection of Jacket Potato with a variety of fillings, Sandwich/Roll/ Baguette/Pasta Pot & Salad Selection. Please see our separate menus for Allergen information.									
Dessert Choice									
Syrup Sponge		Apple Pie with Cream		Chocolate Crunch		Black Cherry Sponge with Chocolate Sauce		Caramel Tart	
<p>A Selection of Cakes, Fresh Fruit, Yoghurt  & Fruit Pots are available as an alternative to Dessert. Custard  is served with desserts as appropriate.</p> <p>Please see our separate cake menu for Allergen information. All menu items are subject to availability.</p>									
Drinks									
<p>A selection of Mineral Water, Fruit Juice based drinks & Flavoured Milk  is available on a daily basis.</p>									
Allergen Symbols Key	