

Week 3	Mostly Meat Free Monday	Trad Tuesday	World Food Wednesday	Thursday's Pie	Family Favourite Friday
Breakfast from 8:15am	Bacon/sausage butties, vegetarian sausage, toast, bagels, pancakes, fruit toast, currant teacakes, cheese on toast, cheesy bagels, porridge, cereals, eggs, hash browns, baked beans, fruit salads, fruit bags, granolas, yoghurts and sandwiches. Gluten free items available on request but there may be a short wait.				
Brunch Break	Mid-morning Brunch Break 11:10am as breakfast but with additional items (see below)				
Brunch Break - Snack Specials	<ul style="list-style-type: none"> <li>Garlic Bread</li> <li>Hot Chicken Butty</li> </ul>	<ul style="list-style-type: none"> <li>Sausage and Egg Muffin</li> <li>Hot Chicken butty</li> </ul>	<ul style="list-style-type: none"> <li>Pizza Wedge</li> <li>Hot Chicken Butty</li> </ul>	<ul style="list-style-type: none"> <li>Nachos</li> <li>Hot Chicken Butty</li> </ul>	<ul style="list-style-type: none"> <li>Waffles</li> <li>Hot Chicken Butty</li> </ul>
Sheila's Soup - Daily bread basket and butter	Vegetable soup (v)	Red lentil and bacon	Vegetable soup (v)	Leek and potato (v)	Vegetable soup (v) with crusty roll
Main Course	Cheese & potato pie with baked beans or vegetables	Sliced beef in gravy in a Yorkshire pudding with roast & mashed potatoes, vegetables or baked beans	Chicken enchiladas with salad or baked beans & vegetables	Corned beef hash pie with vegetables or baked beans & pickles	Sausage & mash with vegetables or baked beans
Vegetarian Course	Veggie all day breakfast with Quorn sausage, hash brown, fried egg & baked beans	Homemade hot pot, veggie noodles	Cheese Flan with roast & mash potatoes with vegetables, beans or salad	Quorn dippers with optional sweet & sour sauce and steamed vegetable rice	Cheese & tomato pizza with mixed salad, coleslaw, vegetables or baked beans
Fish Course	Fish fingers with potato wedges, mixed salad, vegetables or baked beans	Flamin fajita fish burger on or off the bun with mayo & salad garnish, coleslaw or baked beans	Hot cod dog with salad garnish & tomato sauce or vegetables or baked beans	Fish & chip wrap & tomato sauce with salad garnish, coleslaw or baked beans	Tuna & sweetcorn pizza with mixed salad, coleslaw vegetables or baked beans
On the Side	Mixed vegetables, salad, coleslaw, baked beans	Carrots & cabbage, salad & coleslaw, baked beans	Mixed salad, peas & sweetcorn coleslaw, baked beans,	Pickled red cabbage, peas, salad, coleslaw, baked beans	Sweetcorn, salad, coleslaw, baked bean
Grab and Go Snacks	<ul style="list-style-type: none"> <li>Both hot plain &amp; spicy chicken fillets available served on a salad filled bun</li> <li>BBQ pulled pork on a brioche bun</li> </ul>	<ul style="list-style-type: none"> <li>Steak Canadian served in a tiger bread roll with sautéed onions</li> <li>Both hot plain &amp; spicy chicken fillets available served on a salad filled bun</li> </ul>	<ul style="list-style-type: none"> <li>Both hot plain &amp; spicy chicken fillets available served on a salad filled bun</li> <li>Lamb kofta kebab served in a pitta bread with a choice of dressings</li> </ul>	<ul style="list-style-type: none"> <li>Both hot plain and spicy chicken fillets available served on a salad filled bun</li> <li>Mediterranean Chicken wrap with a yoghurt &amp; mint dressing</li> </ul>	<ul style="list-style-type: none"> <li>Both hot plain and spicy chicken fillets available served on a salad filled bun</li> <li>Piri Piri Chicken wrap</li> </ul>
Hot Jackets	Jacket potatoes served with tuna, cheese, cottage cheese, reduced sugar/salt baked beans. Mixed salad bowl and coleslaw also on offer.				
Sandwiches, Paninis, Hot Pasta to Go and Salads	Varied selection of sandwiches Inc. non-mayo fillings served on variety of breads. Assorted panini available daily. Plated salads, cold pasta tubs, healthy grazing boxes, salad boxes, carrot & hummus tubs. Hot whole meal pasta served daily with or without tomato sauce, cheese and tuna pasta toppers available. Look out for the sandwich & salad of the week.				
To Finish Off	Fresh fruit available everyday as whole fruit from the fruit basket or as fruit pots, apple & grape bags. Yoghurts, delicious homemade granolas, cheese & cracker packs or just cheese portions.				
Daily Special	Jam tart & custard with custard	Apple & cinnamon swirl with custard	Cornflake tart with custard	Lemon meringue pie	Chocolate fudge slice with peppermint sauce
Cold Desserts	Flapjack, decorated sponge, Choc orange cookies	Apple & cinnamon swirls, Shortbread biscuits, Muffins	Decorated sponge, flapjack, Duo cookies	Date & cocoa brownies	Decorated chocolate fudge slice Various cookies