

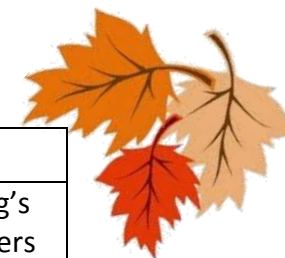
## Winter 2016 – WEEK 1



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <p>Pizza Day!<br/>Choose a Hearty Slice of Delicious Homemade Pizza Dough with Your Favourite Toppings!</p> <p>(Cheese &amp; Tomato, or Pepperoni)</p> | <p>All Day Breakfast (includes 1 x Wicks Manor Farm chipolata, 1 x rasher of bacon, scrambled egg)</p> <p>or</p>            | <p>Local Butcher's Roast Chicken served with Yorkshire Pudding &amp; Gravy</p> <p>or</p>                           | <p>Spaghetti Bolognese (made with local butcher's beef mince)</p> <p>or</p>  | <p>Oven Baked Young's Omega 3 Fish Fingers</p>  <p>or Birds Eye Salmon Fish Fingers</p>  <p>served with Ketchup or Mayonnaise</p> <p>or</p> |
|  | <p>All Day Vegetarian Breakfast (includes 2 x Quorn sausages, scrambled egg)</p>  | <p>Roasted Sage and Onion Topped Quorn Fillet</p>  | <p>Spaghetti Napolitane</p>  | <p>Vegetable Nuggets</p>  |
| <p>Wholegrain and White Mixed Penne Pasta</p> <p>Salad Bar</p>   | <p>Hash Brown</p> <p>Baked Tomato</p> <p>Button Mushrooms</p> <p>Baked Beans</p> <p>Salad Bar</p>                           | <p>Buttered New Potatoes</p> <p>Fresh Sliced Carrots</p> <p>Shredded Savoy Cabbage</p>                             | <p>Homemade Pesto Bread</p> <p>Salad Bar</p>   | <p>Chips</p> <p>Garden Peas</p> <p>Salad Bar</p>  |
| <p>Jacket Potato with Baked Beans and/or Cheese</p>  | <p>Jacket Potato with Tuna Mayonnaise</p>   |  | <p>Wholemeal Sub Roll filled with Chicken and Salad</p>  |   |
| <p>Fresh Fruit Platter</p> <p>or</p> <p>Muller Corner Yoghurt</p> <p>or</p> <p>Selection of Fresh Fruit</p>  | <p>American Pancakes with Warmed Syrup</p> <p>or</p> <p>Muller Corner Yoghurt</p> <p>or</p> <p>Selection of Fresh Fruit</p> | <p>Ice Cream and Peach Slices</p> <p>or</p> <p>Muller Corner Yoghurt</p> <p>or</p> <p>Selection of Fresh Fruit</p> | <p>Flapjack with Apples and Pear Pieces</p> <p>or</p> <p>Muller Corner Yoghurt</p> <p>or</p> <p>Selection of Fresh Fruit</p> | <p>Classic Victoria Sandwich Finger</p> <p>or</p> <p>Muller Corner Yoghurt</p> <p>or</p> <p>Selection of Fresh Fruit</p>  |



**Cold Milk available everyday**

## Winter 2016 – WEEK 2



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| Sweet Chilli Chicken and Noodles with Mixed Oriental Vegetables<br>or<br>Homemade Macaroni Cheese                | Homemade Sausage Roll (local butcher's sausagemeat in a puff pastry case)<br>or<br>Vegetarian Sausage Roll | Local Butcher's Roast Beef served with Yorkshire Pudding & Gravy<br>or<br>Lentil Roast | Homemade Spaghetti Bolognese<br>or<br>Vegetarian Chilli and Wholegrain Rice                                | Oven Baked Young's Omega 3 Fish Fingers<br><br>or Birds Eye Salmon Fish Fingers<br><br>served with Ketchup or Mayonnaise<br>or<br>Vegetarian Tortilla |
| Homemade Crusty Bread<br>Salad Bar   | Creamy Mashed Potato<br>Baked Beans<br>Garden Peas   | Roast Potatoes<br>Fresh Sliced Carrots<br>Broccoli Florets                             | Garlic Bread Slice<br>Salad Bar  | Chips<br>Sweetcorn & Peas<br>Salad Bar  |
| Jacket Potato with Cheese and Baked Beans  | Wholemeal Sub Roll with Egg Mayonnaise and Salad   |  | Jacket Potato with Tuna Mayonnaise   |   |
| Homemade Chocolate Brownie with an Orange Wedge<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit | Melon, Grape and Pineapple Pots<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit           | Ice Cream Tub<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit         | NEW!<br>Homemade Lemon and Raspberry Buns<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit | Homemade Cookie and Milkshake<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit  |



**Cold Milk available everyday**

## Winter 2016 - WEEK 3

| MEAT FREE MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>JACKET POTATO DAY</b><br>Choose from a Selection of<br>Tuna and Sweetcorn<br>Baked Beans<br>Grated Cheese<br>Vegetarian Bolognese | Meatballs in a Rich Tomato Sauce  | Local Butcher's Gammon served with Yorkshire Pudding & Gravy<br>or                   | Homemade Roast Puff Pastry Topped Chicken Pie served with Gravy<br>or             | Oven Baked Young's Omega 3 Fish Fingers<br><br>or |
|  | Quorn Meatballs in a Rich Tomato Sauce  | Sage and Onion Topped Quorn Fillet   | Cheese and Onion Pie  | Free Range Folded Omelette   |
| Homemade Coleslaw<br>Pasta Salad<br>Salad Bar  | Pasta Spirals<br>Salad Bar<br><br>Wholegrain & White Savoury Rice               | Roast Potatoes<br>Fresh Sliced Carrots<br>Shredded Savoy Cabbage                     | Creamy Mashed Potato<br>Fresh Sliced Carrots<br>Broccoli Florets<br>Salad Bar     | Chips<br>Baked Beans<br>Garden Peas<br>Salad Bar   |
| Wholemeal Sub Roll filled with Tuna Crunch   | Jacket Potato with Baked Beans  |  | Jacket Potato with Cheese   |  |
| NEW!<br>Chocolate Orange Zest Pudding and Custard<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit                   | Pear Drop Tart<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit | Iced Fruit Smoothie<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit | Fresh Fruit Pots<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit | NEW!<br>Fruity Yoghurt Muffins<br>or<br>Muller Corner Yoghurt<br>or<br>Selection of Fresh Fruit                                      |



*Cold Milk available everyday*