



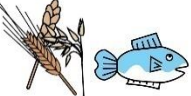












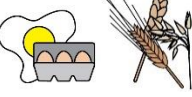

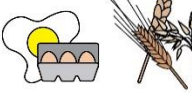
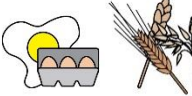

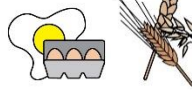
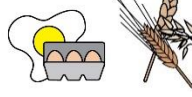





WEEK

1

## YOUR MENU

Weeks commencing: 31<sup>st</sup> October, 21<sup>st</sup> November, 12<sup>th</sup> December, 16<sup>th</sup> January, 6<sup>th</sup> February, 6<sup>th</sup> & 27<sup>th</sup> March.





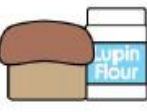

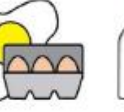







	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dish of the day</b>	<b>Big breakfast</b> 	<b>Rustic beef chilli with taco topping</b> 	<b>Roast beef with Yorkshire pudding</b> 	<b>Butter chicken</b> 	<b>Battered fish</b> 
<b>Meat free meal</b>	<b>Vegan breakfast</b> <b>Ve</b> 	<b>Vegan chilli</b> <b>Ve</b> 	<b>Cheese and potato pie</b> <b>V</b> 	<b>Spinach and chickpea curry</b> <b>Ve</b> 	<b>Quorn dippers</b> <b>Ve</b> 
<b>Side dishes</b>	<b>Hash browns, baked tomatoes and baked beans</b>	<b>Savoury rice or potatoes</b> <b>Seasonal vegetables</b>	<b>Creamed potatoes,</b>  <b>seasonal vegetables and gravy</b>	<b>Brown/white rice, seasonal vegetables and naan</b> 	<b>Chips, seasonal vegetables</b>
<b>Dessert</b> <b>All suitable for vegetarians</b>  <b>Yoghurt &amp; fruit available every day</b>	<b>Shortbread slice</b>  <b>Chocolate cracknel</b>  <b>Fruit crumble</b> 	<b>Chocolate orange biscuit</b>  <b>Flapjack</b>  <b>Sticky chocolate pudding</b> 	<b>Oat cookie</b>  <b>Chocolate brownie</b>  <b>Syrup sponge</b> 	<b>Cherry &amp; coconut cookie</b>  <b>Chocolate crunch</b>  <b>Berry sponge</b> 	<b>Rosalie biscuit</b>  <b>Lemon muffin</b>  <b>Paris sandwich</b> 

V = Vegetarian

Ve = Vegan

Allergen Key

**FOOD**  
CENTRAL

							
Gluten	Peanuts	Nuts	Sesame	Lupin	Soya	Eggs	Milk
							
Celery	Sulphites	Mustard	Crustaceans	Molluscs	Fish		



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**WEEK**  
**1**

# LIGHTBITE MENU

## Monday

Cheese panini **V**  

Cheese & ham panini  

Jacket potato with cheese  &/or  
beans **V**

BBQ chicken wrap or panini 

Pasta with tomato sauce **Ve** 

## Tuesday

Cheese panini **V**  

Cheese & ham panini  

Jacket potato with cheese  &/or  
beans **V**

Tikka chicken wrap or panini



Pasta bake **V**  

## Wednesday

Cheese panini **V**  

Cheese & ham panini  

Jacket potato with cheese  &/or  
beans **V**

Mediterranean chicken wrap or  
panini 

Vegan meatballs with pasta &  
tomato sauce **Ve**  

## Thursday

Cheese panini **V**  

Cheese & ham panini  

Jacket potato with cheese  &/or  
beans **V**

Piri piri chicken wrap or panini 

Pasta bake **V**  

## Friday

Cheese panini **V**  

Cheese & ham panini  

Jacket potato with cheese  &/or  
beans **V**

Tikka chicken wrap or panini



Pasta with tomato sauce **Ve** 

Pasta pots, jacket potatoes and a  
range of sandwiches and salad  
boxes are available every day

Please ask catering staff for  
allergen information