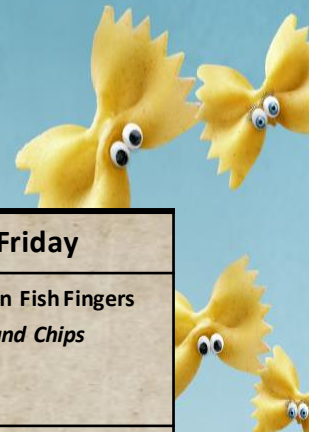
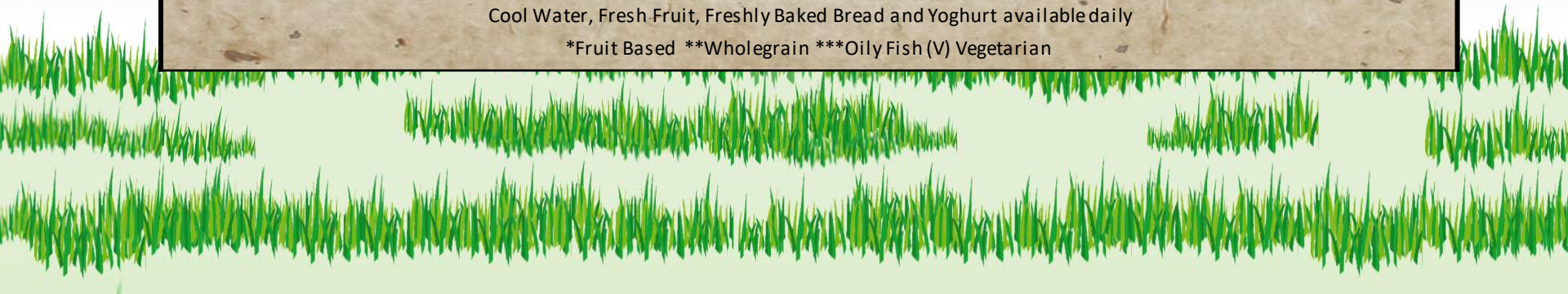


Lunch Menu

Week 1 - Mains

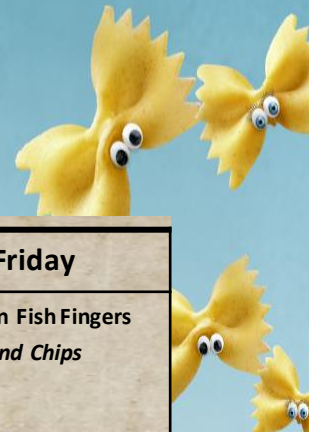





	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza** With Dough Balls (V)	The Incredible Burger With Potato Wedges (V)	Roast Chicken with Roast Potatoes and Gravy	Beef Bolognese With Pasta ** 	Golden Fish Fingers and Chips
Alternative Dish	Veggie Burrito (V) 	Macaroni Cheese (V)	Quorn Roast with Roast Potatoes and Gravy (V)	Veggie Bolognese With Pasta ** 	Quorn Dippers and Chips (V)
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Vegetables	Baked Beans Sweetcorn	Peas Carrots	Carrots Broccoli	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Strawberry Ice Cream Tub	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Banana Cake*	Orange Drizzle Cake
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

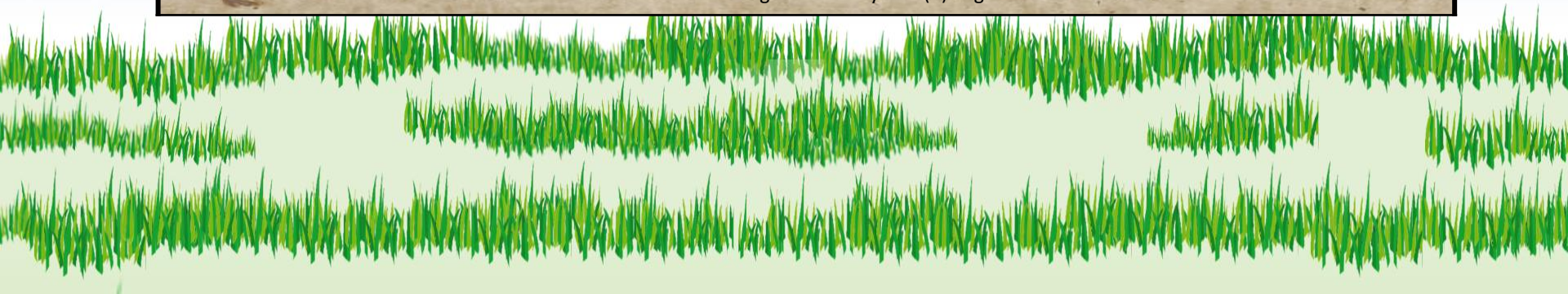


Lunch Menu

Week 2 - Mains






	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** With Potato Wedges (V)	Pork Sausage With Mash and Gravy	Roast Chicken with Roast Potatoes and Gravy	Beef Bolognese With Pasta** 	Golden Fish Fingers and Chips
Alternative Dish	Mild Bean Chilli With Rice** (V) 	Veggie Sausage With Mash and Gravy (V)	Quorn Roast with Roast Potatoes and Gravy (V)	Quorn Hot Dog With Potato Wedges (V)	Quorn Dippers and Chips (V)
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Pasta Salad				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Vegetables	Baked Beans Peas	Sweetcorn Broccoli	Carrots Broccoli	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Vanilla Ice-Cream	Orange Shortbread*	Crunchy Chocolate Biscuit With Fruit Slices*	Fruity Chocolate Brownie	Flapjack with Fruit Slices*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

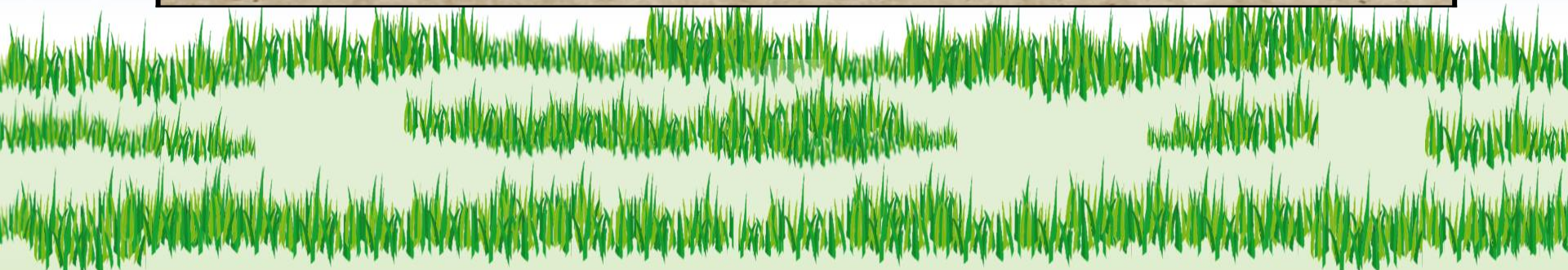


Lunch Menu

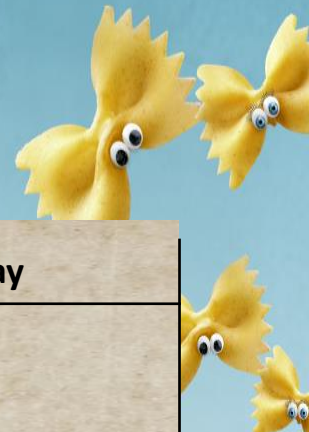
Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** With Potato Wedges (V)	Chicken Korma With Rice**	Roast Beef with Roast Potatoes and Gravy	Beef Meatballs in Tomato Sauce With Pasta**	Golden Fish Fingers and Chips
Alternative Dish	Veggie Bolognese With Pasta ** 	Veggie Korma With Rice**	Quorn Roast with Roast Potatoes and Gravy (V)	Veggie Balls in Tomato Sauce With Pasta** 	Quorn Dippers and Chips (V)
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot and Coleslaw				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Green Beans	Carrots Sweetcorn	Baked Beans Peas
Desserts	Strawberry Ice Cream	Cheese & Biscuits	Oatie Biscuit with Fruit Slices*	Chocolate Sponge Cake with Fruit Slices*	Berry Flapjack*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



Raleigh & Admirals Packed Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwiches	Ham Sandwich/Wrap Cheese Sandwich/Wrap Tuna Mayo Sandwich/Wrap				
Veg	Carrot Sticks Cherry Tomatoes Cucumber Sticks				
Fruit	Fruit Slices	Apple	Orange	Fruit Slices	Banana
Dessert	Dessert of the Day				
Drinks	Water Apple Juice & Water 50/50 Orange Juice & Water 50/50				



*Fruit Based ** Wholegrain ***Oily fish