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C	1)eel	e1	Week commencing: 30th Oct	• 20th Nov • 11th Dec • 8th Ja	n • 29t
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAINS OPTION I	Cheesy potato bake 💋	BBQ chicken	All day brunch	Beef strips and Yorkshire pudding with gravy	Golden fish fingers	
MATNS Option 2	Quorn dippers and yoghurt mint dip 💋	Veggie burrito 💋	All day vegetarian brunch 💋	Roasted Quorn fillet with gravy 💆	Cheese and tomato pinwheels 💋	
MAINS PTION 3	Jacket potato with cheese and coleslaw 💋	Jacket potato with beans 💋	Jacket potato with cheese 💋	Tomato, mozzarella and basil toasted bruschetta 🏳	Jacket potato with cheese and coleslaw	
ON TITLE SIDE	Pasta · Garlic bread · Spaghetti in tomato sauce · Garden peas	Rice. Mexican mixed beans. Winter coleslaw	Herby diced potatoes · Oven baked tomatoes · Baked beans	Crispy roast potatoes · Creamed potatoes · Savoy cabbage · Sliced carrots	Chips · Garden peas · Sweetcorn ·	
ESSERTS	Not naughty but nice muffin · Fruit yoghurt · Fresh fruit slices · Cheese and crackers	Tutti fruity Tuesday · Fresh yoghurt · Cheese and crackers	Sticky toffee sponge and custard · Fresh yoghurt · Fresh fruit slices · Cheese and crackers	Fresh yoghurt bar with various toppings · Shortbread · Fresh fruit slices · Cheese and crackers	Blackberry and apple flapjack crumble · Fresh yoghurt · Fresh fruit slices · Cheese and crackers	

h Jan • 26th Feb • 19th Mar

Salad bar and wholemeal bread available daily. Unlimited fresh fruit available to accompany all desserts.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAINS OPTION I	Mac 'n' cheese 💋	Cowboy chicken and cheesy mash pie	Pork meatballs in tomato sauce	Local pork roast with apple sauce and gravy	Fish fingers or crispy seaside salmon	
MAINS OPTION 2	Veggie sausage roll 💋	Vegetable enchilada 💆	Cheese quiche 💋	Yorkshire pudding and gravy with seasonal roast vegetables	Veggie burger in a bap 🙍	
MAINS OPTION 3	Jacket potato with cheese	Herby Spaghetti 💋	Golden fish finger roll	Jacket potato with cheese and coleslaw 💋	Farmer's choice chipolatas under wraps	
ON THE SIDE	Diced potatoes · Baked beans · Sweetcorn · Tomato bread	Carrot and swede mash  · Broccoli · Seeded bread	Pasta · Garlic and herb bread · Corn on the cob · Green beans	Crispy roast potatoes · Creamed potatoes · Garden peas · Baby carrots	Chips · peas · Spaghetti in tomato sauce	
DESSERTS	Oaty apple crumble and custard · Fruit yoghurt · Fresh sliced fruit · Cheese and crackers	Tutti fruity Tuesday · Fresh yoghurt · Cheese and crackers	Secret garden chocolate cake · Fresh yoghurt granola pots · Fresh sliced fruit · Cheese and crackers	Waffle 'as you like it' · Fresh yoghurt · Fresh fruit slices · Cheese and crackers	Chocolate brownie · Fresh yoghurt · Fresh fruit slices · Cheese and crackers	

<b>大学学人员通过</b>								
9 Dook 3	Week commencing: 13th Nov • 4th Dec • 1st Jan • 22nd Jan • 19th Feb • 12th Mar							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			

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wa.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
MAINS OPTION I	Margarita pizza 💋	Chicken korma and naan bread	Beef Bolognese with pasta	Roast chicken breast with stuffing and gravy	Seaside chunky fish finger		
MAINS OPTION 2	Mediterranean quiche 💋	Quorn sausage with mash and gravy	Cheesy vegetables with pasta	Veggie sausage and Yorkshire pudding with gravy	Omelette 💋		
MAINS OPTION 3	Quorn dippers with yoghurt mint dip	Jacket potato with baked beans and coleslaw	Jacket potato with baked beans and cheese	Ham salad pitta and vegetable sticks	Jacket potato with cheese 💋		
OK THE SIDE	½ jacket potato · Coleslaw · Sweetcorn	Rice · Pea and sweetcorn medley	Sweetcorn · Vegetable sticks · Garlic bread	Crispy roast potatoes · Creamed potatoes · Baton carrots · Cauliflower cheese	Chips ·Spaghetti hoops · Garden peas		
<u>DLESLITE</u>	Banana and pineapple cake · Fruit yoghurt · Fresh sliced fruit · Cheese and crackers	Tutti fruity Tuesday · Fresh yoghurt · Cheese and crackers	Oat and raisin cookie · Fresh yoghurt · Fresh sliced fruit · Cheese and crackers	Pancake bar with tasty toppings Fresh yoghurt Sliced fresh fruit Cheese and crackers	Chocolate crispy cake · Fresh yoghurt · Fresh sliced fruit · Cheese and crackers		



Salad bar available subject to the style of service. Some menus or items on the menu are subject to change. All desserts are suitable for vegetarians.