

Monday Wk2	Tuesday Wk2	Wednesday Wk2	Thursday Wk2	Friday Wk2	Sunday Wk2
REFECTORY LUNCH	REFECTORY LUNCH	REFECTORY LUNCH	REFECTORY LUNCH	REFECTORY LUNCH	LUNCH
Mexican wraps Mexican quorn wraps La Cantina vegetable savoury rice , steamed herb potatoes, peas & sweetcorn Guacamole sauce Baked Jackets and jacket fillings	Lincolnshire sausages Traditional gravy Cauliflower gratinee Creamed potatoes, sliced green beans, carrots	Pizza selection ½ jacket potatoes Fresh mixed salad, coleslaw Baked Jacket with fillings	Carvery Roast Pork & crackling Traditional gravy & apple sauce Cauliflower & spinach bake Roast potatoes, Stuffing Seasonal vegetables, fresh carrots	Battered Haddock Breaded Fish Fingers Goats cheese & onion tart Mature Cheddar Sauce Steamed Healthy fish fillets Steamed or chipped potatoes, mushy peas, grilled tomatoes	Selection of quiches Cheese & Leek flan Lyonnaise Potatoes Spaghetti hoops Grilled tomatoes
Pasta choice of day Three Cheese sauce	Pasta choice of day Tomato & Pepper sauce	Pasta choice of day Celery & spring onion yoghurt fresca		Pasta choice of day Italian tomato sauce	Pasta BBQ quorn sauce BBQ sausage sauce
REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR	REFECTORY CHILLER AND SALAD BAR
<i>Help yourself to as much as you like of</i> Lettuce, Tomato, Cucumber 2 daily composite salads <i>Or choose protein salad from range</i> Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	<i>Help yourself to as much as you like of</i> Lettuce, Tomato, Cucumber 2 daily composite salads <i>Or choose protein salad from range</i> Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	<i>Help yourself to as much as you like of</i> Lettuce, Tomato, Cucumber 2 daily composite salads <i>Or choose protein salad from range</i> Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	<i>Help yourself to as much as you like of</i> Lettuce, Tomato, Cucumber 2 daily composite salads <i>Or choose protein salad from range</i> Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	<i>Help yourself to as much as you like of</i> Lettuce, Tomato, Cucumber 2 daily composite salads <i>Or choose protein salad from range</i> Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese	<i>Help yourself to as much as you like of</i> Lettuce, Tomato, Cucumber 2 daily composite salads <i>Or choose protein salad from range</i> Egg, Chicken, Quiche, Mexican wraps, Cheese, Tuna, Ham, Cottage Cheese
BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK	BAGUETTE BAR HOT WOK
Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings <i>Snack item or a drink</i> Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings <i>Snack item or a drink</i> Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings <i>Snack item or a drink</i> Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings <i>Snack item or a drink</i> Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings <i>Snack item or a drink</i> Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE	Freshly baked baguettes with a choice of 2 protein items & Unlimited salad fillings <i>Snack item or a drink</i> Fresh fruit 食物 HOT WOK BAKED JACKETS OR PASTA AND A DAILY SAUCE
REFECTORY DESSERTS	REFECTORY DESSERTS	REFECTORY DESSERTS	REFECTORY DESSERTS	REFECTORY DESSERTS	REFECTORY DESSERTS
Vanilla & soft fruit flan with yoghurt sauce Home made pro biotic yoghurts with fruit coulis Fruit jellies Sugar free mousses <i>As much as you like of</i> Fresh cut fruit	Pear & chocolate crumble & yoghurt sauce Home made pro biotic yoghurts with fruit coulis Fruit jellies Sugar free mousses <i>As much as you like of</i> Fresh cut fruit	Pineapple sponge with vanilla sauce Home made pro biotic yoghurts with fruit coulis Fruit jellies Sugar free mousses <i>As much as you like of</i> Fresh cut fruit	Marmalade Pudding Custard Home made pro biotic yoghurts with fruit coulis Fruit jellies Sugar free mousses <i>As much as you like of</i> Fresh cut fruit	Arctic roll & fruit coulis Home made pro biotic yoghurts with fruit coulis Fruit jellies Sugar free mousses <i>As much as you like of</i> Fresh cut fruit	Fresh fruit, <i>cold sweets</i> Home made pro biotic yoghurts with fruit coulis Fruit jellies Sugar free mousses <i>As much as you like of</i> Fresh cut fruit