Monday Wk 3	Tuesday Wk 3	Wednesday Wk 3	Thursday Wk 3	Friday Wk 3	Sunday Wk 3
Refectory Lunch	Refectory Lunch	Refectory Lunch	Refectory Lunch	Refectory Lunch	Refectory Lunch
Special Chicken Tasca Breads	**Devonshire Pasties**	**Lasagne Verdi**	Roasted Carvery Meat	**Thai Style Fish Fillets**	**Tuna Pasta Bake**
Savoury Wholegrain Rice	**Homity pie**	**Veggie Layered Moussaka**	Carvery Accompaniments	**Fish Fingers**	**Spinach and Quorn Paninis**
Grated Cheese	**Steamed Mids**	Baked Potato Skins	Hazelnut And Mushroom Roast	**Cheese and Onion Pasties**	
Yoghurt And Mint Dressing	Garden Peas	Rich Tomato Gravy	Roast Potatoes	**Battered Fish of the Day**	**Garlic Bread**
Nachos	Seasonal carrots	Selection Of Roasted Vegetables	Gravy	Steamed potatoes	Parsley Mid Potatoes
Guacamole	Baked Beans	Crusty Bread	Cabbage	**Chipped Potatoes**	Ratatouille
Pasta			Carrots	Mushy Peas & Grilled Tomatoes	Baked Jackets
Sweet & Sour Chunky Vegetable Sauce	Pasta	Pasta		Pasta	Jacket Fillings
	Tuscan Bean and Basil Sauce	Meditereanean Sauce		Cheese & Leek 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
Protein Salads	Protein Salads	Protein Salads	Protein Salads	Protein Salads	Protein Salads
Egg, Tuna, **Cheese, Ham**	Egg, Tuna, **Cheese, Ham**	Egg, Tuna, **Cheese, Ham**	Egg, Tuna, **Cheese, Ham**	Egg, Tuna, **Cheese, Ham**	Egg, Tuna, **Cheese, Ham**
Mexican wraps	Mexican wraps	Mexican wraps	Mexican wraps	Mexican wraps	Mexican wraps
Chicken, Cottage Cheese	Chicken, Cottage Cheese	Chicken, Cottage Cheese	Chicken, Cottage Cheese	Chicken, Cottage Cheese	Chicken, Cottage Cheese
And help yourself to as much	And help yourself to as much	And help yourself to as much	And help yourself to as much	And help yourself to as much	And help yourself to as much
Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber
and 2 daily composite salads	and 2 daily composite salads	and 2 daily composite salads	and 2 daily composite salads	and 2 daily composite salads	and 2 daily composite salads
as you like	as you like	as you like	as you like	as you like	as you like
The Baguette Bar	**The Baguette Bar**	**The Baguette Bar**	**The Baguette Bar**	**The Baguette Bar**	
Freshly Baked Baguettes	**Freshly Baked Baguettes**	**Freshly Baked Baguettes**	**Freshly Baked Baguettes**	**Freshly Baked Baguettes**	
inluding foot long subs, soft rolls	**inluding foot long subs, soft rolls**	**inluding foot long subs, soft rolls**	**inluding foot long subs, soft rolls**	**inluding foot long subs, soft rolls**	
filled with 2 protein items	**filled with 2 protein items**	**filled with 2 protein items**	**filled with 2 protein items**	**filled with 2 protein items**	
and as much salad as you want	and as much salad as you want	and as much salad as you want	and as much salad as you want	and as much salad as you want	
CARVERY ROAST MEAT DAY	**CURRY DAY**	**HOT WOK NOODLE DAY**	**CARVERY ROAST MEAT DAY**	**HOT WOK NOODLE DAY**	
Honey Roast Hams, Salted Silversides,	Chicken Korma or Vegetable Madras,	Chicken Noodle Stir Fry	Honey Roast Hams, Salted Silversides.	Chicken Noodle Stir Fry	
Roasted Beef & Loins of Pork	Steamed Rice and Accompanyments	Filled Tascas, Meatballs and More	Roasted Beef & Loins of Pork	Filled Tascas, Meatballs and More	
Refectory Desserts	**Refectory Desserts**	**Refectory Desserts**	**Refectory Desserts**	**Refectory Desserts**	**Refectory Desserts**
Chocolate Shortcake	**Apple And Pear Crumble**	**Coconut Flapjacks**	Poached Pears, Peaches and Apricots	**Arctic Roll & Fruit Coulis**	
Custard	Chocolate Sauce	Yoghurt Sauce	Vanilla Sauce		
Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts
Jellies & Mousses	Jellies & Mousses	Jellies & Mousses	Jellies & Mousses	Jellies & Mousses	Jellies & Mousses
Cold sweets	Cold sweets	Cold sweets	Cold sweets	Cold sweets	Cold sweets
Unlimited Fresh Cut Fruit	Unlimited Fresh Cut Fruit	Unlimited Fresh Cut Fruit	Unlimited Fresh Cut Fruit	Unlimited Fresh Cut Fruit	Unlimited Fresh Cut Fruit