

Monday Wk3	Tuesday Wk3	Wednesday Wk3	Thursday Wk3	Friday Wk3	Sunday Wk3
REFECTORY LUNCH	REFECTORY LUNCH	REFECTORY LUNCH	REFECTORY LUNCH	REFECTORY LUNCH	LUNCH
Special Tasca breads with various chicken fillings Mexican salsa sauce Guacamole, grated cheese , yoghurt & mint dressing, nachos, crazy potatoes Baked jackets	Spaghetti Bolognaise Homity pie Diced potatoes, Garden Peas Seasonal Carrots	Lasagne Verdi Veggie layered moussaka Mid potatoes with lime and coriander, rich tomato gravy, Roasted Vegetables Peas & sweetcorn	Trinity Carvery Day Roast beef Yorkshire pudding Hazelnut & mushroom roast Roast potatoes, Cabbage, Carrots, Roast Gravy	Baked healthy fish fillets Battered Haddock Breaded Fish Fingers Quorn spinach & potato borek Steamed or chipped potatoes , Mushy peas, Grilled tomatoes	Ham cheese & mushroom pasta bake Three cheese & herb pasta bake Garlic Bread , Parsley mid potatoes, Ratatouille
Pasta choice of day BBQ quorn & vegetable sauce	Pasta choice of day Asparagus sauce	Pasta choice of day Mediterranean sauce		Pasta choice of day Cheese & leek sauce	Baked Jackets and jacket fillings
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
Chocolate Shortcake and Chocolate 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	Apple & Black Cherry Crumble 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	Coconut flapjacks and Evaporated milk Home made pro biotic yoghurts with fruit coulis Fruit jellies Sugar free mousses <i>As much as you like of</i> Fresh cut fruit	Raspberry muffin cake 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	Arctic roll & fruit coulis , Fruit kettles Home made pro biotic yoghurts with fruit coulis Fruit jellies Sugar free mousses <i>As much as you like of</i> Fresh cut fruit	Cold desserts Home made pro biotic yoghurts with fruit coulis Fruit jellies Sugar free mousses <i>As much as you like of</i> Fresh cut fruit