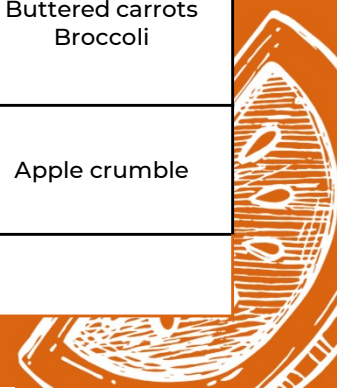


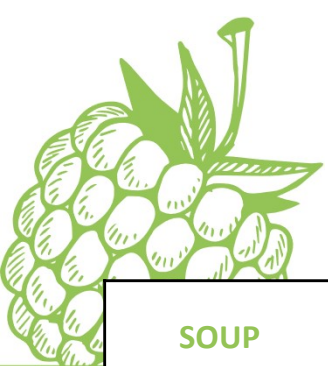


SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup
MAIN COURSE ONE	Cajun pulled pork	Steak pasty	Vegetarian bolognaise	SFC night	Beef & black bean chilli with coriander	Red pepper, spinach & goats cheese pasta bake	Shrewsbury Roast
MAIN COURSE TWO	Crispy tempura fish	Vegetarian pasty	Spaghetti bolognaise		Wild mushroom risotto (V)	Classic fish pie with spinach & boiled egg	Vegetable lasagne
MAIN COURSE THREE	Pulled BBQ jackfruit	Carbonara	Piri piri cauliflower (V)		Pasta carbonara		
SOMETHING SIMPLE	Pasta dish	Pasta dish	Pasta dish	Pasta dish	Pasta dish		
ON THE SIDE	Potato wedges Carrots Broccoli	new potatoes sweetcorn	Parmentier Roast butternut squash Peas	French fries Corn on the cob Beans Milk gravy Coleslaw	Steamed long grain rice Sweetcorn Broccoli	Roast broccoli toasted seeds Smashed pumpkin with chilli	Roast potatoes Buttered carrots Broccoli
DESSERT	Jam Doughnuts	Jelly pots	Iced buns	Chocolate brownies	Syrup sponge custard sauce	Ice cream pots	Apple crumble

SELECTION OF WHOLE FRUITS

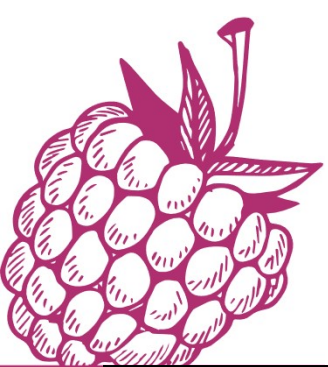




SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup	Freshly baked bread & soup
MAIN COURSE ONE	Braised beef ragu	<u>Pasta Bar</u> Smoked salmon & tuna Tomato & basil Chorizo pasta bake	3 cheese tortellini	<u>Curry Bar</u> Thai red beef Thai green Chicken Vegetable Massaman	Paprika Sausages	Red lentil dhal, with crispy sweet potato & cauliflower rice	Lasagne
MAIN COURSE TWO	Sumac roasted chicken thighs		Cajun beef & five bean soft shell tacos		Jerk chicken thighs	Sticky sweet chilli chicken drumstick with coconut & lime	Vegetable lasagne
MAIN COURSE THREE	Broccoli & blue cheese tartlets		Chicken Stir fry rice		Vegan sausages		
SOMETHING SIMPLE	Pasta dish		Pasta dish	Pasta dish	Pasta dish		
ON THE SIDE	New potatoes Broccoli	Various toppings	Sugar snaps sweetcorn	Fragrant rice Naan breads Poppadom's Sambals Mint yoghurt Mango chutney	Sage & onion Parmentier potatoes Maple roasted parsnips Green beans Gravy	Salt & pepper potato wedges Baked beets with honey & mustard Stir fry greens with soy	Wedges Broccoli
DESSERT	Jam Doughnuts	Jelly pots	Iced buns	Chocolate brownies	Syrup sponge custard sauce	Ice cream pots	Rhubarb crumble

SELECTION OF WHOLE FRUITS



SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Hoi sin chicken	Chicken Tikka	Chicken Piri Piri wraps	Pizza bar	Gammon steaks	Potato tartlet with blue cheese & watercress	Lasagne
MAIN COURSE TWO	Sticky beef with oyster sauce	Chicken korma	Cajun Pork stroganoff		Cajun chicken thighs	Spiced lamb mince with pomegranate & pickled red cabbage	Vegetable lasagne
MAIN COURSE THREE	Sweet chilli & lime stir fry	Paneer & vegetable Madras	Black bean stew		Spinach & ricotta cannelloni		
SOMETHING SIMPLE	Pasta dish	Pasta dish	Pasta dish		Pasta dish		
ON THE SIDE	Noodles Broccoli	Fragrant rice Peas Broccoli	Sweetcorn Tortilla chips	French fries Salad bar	New potatoes Cumin Carrots Creamy leeks	Toasted wholemeal pitta Creamed corn with chives Seasonal greens with roasted garlic oil	Wedges Broccoli
DESSERT	Jam Doughnuts	Jelly pots	Iced buns	Chocolate brownies	Syrup sponge custard sauce	Ice cream pots	Apple crumble

SELECTION OF WHOLE FRUITS