

Smallwood	Menu	Week1
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Mon	Tue	Wed	Thu	Fri
Pizza	Salt & Pepper Chicken	Chicken Dhansah Curry	Spaghetti Bolognaise	Fish Fingers & Chips
<i>Wholemeal pizza base loaded with homemade protein fuelled tomato sauce and topped with cheddar and mozzarella cheese served with saute potatoes and sweetcorn</i>	<i>Fresh Chicken pieces gently coated with herbs & spices, loaded onto a flatbread and served with veggies sticks</i>	<i>Fresh chicken pieces in a rich but gentle homemade sauce with a sweet and sour profile, served with fresh rice and peas</i>	<i>Minced beef in a rich, mild homemade tomato sauce with finely chopped vegetables and garlic, served on a bed of spaghetti & broccoli</i>	<i>Breaded Fish fingers with oven chips, baked beans or peas & tomato sauce</i>
Tomato Pasta	Salt & Pepper Quorn	Chickpea Dhansah Curry	Quorn Bolognaise	Quorn nuggets
<i>50/50 pasta spirals coated with homemade protein fuelled tomato sauce & optional cheese sprinkles served with sweetcorn</i>	<i>Quorn pieces gently coated with herbs & spices, loaded onto a flatbread and served with veggies sticks</i>	<i>Chickpeas & sweet potato in a rich but gentle homemade sauce with a sweet and sour profile, served with fresh rice and peas</i>	<i>Quorn mince in a rich, mild homemade tomato sauce with finely chopped vegetables and garlic, served on a bed of spaghetti & broccoli</i>	<i>Quorn nuggets with oven chips, baked beans or peas & tomato sauce</i>
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
<i>Served with Tuna, Cheese or beans</i>	<i>Served with Tuna, Cheese or beans</i>	<i>Served with Tuna, Cheese or beans</i>	<i>Served with Tuna, Cheese or beans</i>	<i>Served with Tuna, Cheese or beans</i>
Picnic Bag	Picnic Bag	Picnic Bag	Picnic Bag	Picnic Bag
<i>Cheese or Tuna sandwich with veg sticks, yoghurt a biscuit & fruit</i>	<i>Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit</i>	<i>Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit</i>	<i>Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit</i>	<i>Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit</i>
Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot
<i>Tomato</i>	<i>Tomato</i>	<i>Tomato</i>	<i>Tomato</i>	<i>Tomato</i>
All meals served with vegetables or help yourself Salad Bar & fresh bread pieces. choice of water or milk to drink with fresh fruit available daily. Yoghurt and crackers available Tue-Fri				
Chef's selection	Chef's selection	Chef's selection	Chef's selection	Chef's selection

Smallwood	Menu	Week2
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Mon	Tue	Wed	Thu	Fri
Pizza Baguettes	Cheesy Bacon Pasta Bake	Wrap Station	All day Breakfast	Chicken Nuggets
Baguette base with homemade tomato sauce, loaded with grated mozzarella and cheddar, served with potato wedges and sweetcorn	Warm, bubbly & comforting soft pasta bake with smokey bacon bits, tossed in our homemade sauce & topped with an extra layer of melted cheese	Build your own wrap with BBQ Chicken, lettuce, cherry tomatoes and carrot sticks	Butcher's best pork sausage with scrambled egg, hash brown, tomatoes, baked beans and fresh bread	Battered chicken nuggets with oven chips, baked beans or peas & tomato sauce
Tomato Pasta	Cheesy Bean Pasta Bake	Wrap Station	All day Breakfast	Veggie Sausage Roll
50/50 pasta spirals coated with homemade protein fuelled tomato sauce & optional cheese sprinkles served with sweetcorn	Warm, bubbly & comforting soft pasta bake with baked beans, tossed in our homemade sauce & topped with an extra layer of melted cheese	Build your own wrap with Tuna, mayo, lettuce, cherry tomatoes and carrot sticks	Quorn sausage with scrambled egg, hash brown, tomatoes, baked beans and fresh bread	Veggie Sausage Roll with oven chips, baked beans or peas & tomato sauce
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Served with Tuna, Cheese or beans	Served with Tuna, Cheese or beans	Served with Tuna, Cheese or beans	Served with Tuna, Cheese or beans	Served with Tuna, Cheese or beans
Picnic Bag	Picnic Bag	Picnic Bag	Picnic Bag	Picnic Bag
Cheese or Tuna sandwich with veg sticks, yoghurt a biscuit & fruit	Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit	Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit	Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit	Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit
Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot
Tomato	Tomato	Tomato	Tomato	Tomato
All meals served with vegetables or help yourself Salad Bar & fresh bread pieces. choice of water or milk to drink with fresh fruit available daily. Yoghurt and crackers available Tue-Fri				
Chef's selection	Chef's selection	Chef's selection	Chef's selection	Chef's selection

Cheese Toastie	Beef Burger	Roast Gammon	Chicken Fajita	Fish Fingers & Chips
Wholemeal pizza base loaded with homemade protein fuelled tomato sauce and topped with cheddar and mozzarella cheese	Beef burger on a bread roll, with optional cheese, lettuce & tomato, served with BBQ Pasta and mixed veg salad	Fresh Roasted Gammon served with new potatoes, pineapple, brocolli and gravy	Lightly spiced fresh chicken pieces with mixed pepper and onion, saute potatoes and sweetcorn	Breaded Fish Fingers with oven chips, baked beans or peas & tomato sauce
Tomato Pasta	Quorn Chicken burger	Nando's Not Chicken	Veg & Bean Fajita	Salmon Stars
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50/50 pasta spirals coated with homemade protein fuelled tomato sauce & optional cheese sprinkles	Southern style Quorn fillet on a bread roll with optional cheese, lettuce & tomato, served with BBQ pasta and mixed veg salad	Lemon & Herb spiced quorn fillet served with new potatoes, pineapple, brocolli	Lightly spiced butter beans with mixed pepper and onion, saute potatoes and sweetcorn	Breaded Salmon pieces with oven chips, baked beans or peas & tomato sauce
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Served with Cheese or beans	Served with Tuna, Cheese or beans	Served with Tuna, Cheese or beans	Served with Tuna, Cheese or beans	Served with Tuna, Cheese or beans
Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
Cheese or Tuna sandwich with veg sticks, yoghurt a biscuit & fruit	Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit	Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit	Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit	Cheese, Tuna or Ham sandwich with veg sticks, yoghurt, a biscuit & fruit
Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot	Pasta Pot
Tomato	Tomato	Tomato	Tomato	Tomato
All meals served with vegetables or help yourself Salad Bar & fresh bread pieces. choice of water or milk to drink with fresh fruit available daily. Yoghurt and crackers available Tue-Fri				A
Chef's selection	Chef's selection	Chef's selection	Chef's selection	Chef's selection