



**Mighty MONDAY**

**Tasty TUESDAY**

**Roast of the Day WEDNESDAY**

**Favourites THURSDAY**

**Fish FRIDAY**

**SAMMY SWEETCORN SAYS...**  
 'Enjoy your lunch!'



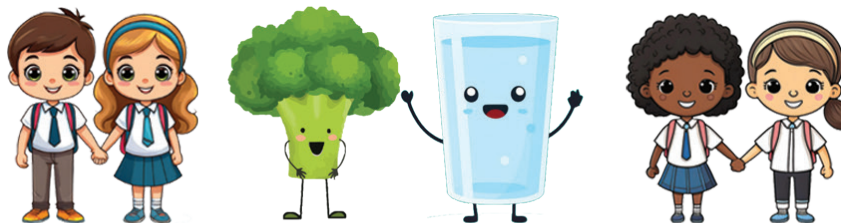
<b>OPTION 1</b>	Chicken Gyro Pitta	BBQ Pulled Quorn Taco (v)	Roast Chicken, Stuffing & Gravy	Wholemeal Cheese & Tomato Pizza (v)	Ocean Friendly Fish Selection
<b>OPTION 2</b>	Authentic Pitta Pizza (v)	Chicken Nuggets	Cheesy Cauliflower & Tender Broccoli Bake & Gravy (v)	Tandoori Chicken Wrap	BBQ Plant Based Meatball Sub (ve)
<b>JACKET POTATO BAR</b>	Jacket Potato with Tuna	Jacket Potato with Cheese & Coleslaw (v)	Jacket Potato with Cheese & Baked Beans (v)	Jacket Potato with Cheese (v)	Jacket Potato with Cheese & Baked Beans (v)
<b>CARBS</b>	Mexican Rice	Herby Diced Potatoes	Mashed & Roast Potatoes	Potato Wedges	Chips
<b>CLASSIC DESSERT (over 5's)</b>	Mini Doughnut Ice Cream Seasonal Fruit Salad	Chocolate Brownie Ice Cream Seasonal Fruit Salad	Muffin Yoghurt Seasonal Fruit Salad	Vanilla Iced Sponge Yoghurt Seasonal Fruit Salad	Fruity Jelly Fruit Sorbet Seasonal Fruit Salad
<b>DESSERT (under 5's)</b>	Yoghurt or Seasonal Fruit Salad				
<b>SAMMY'S HEALTHY SNACKS</b>	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip (Over 5's only) or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists Seasonal Fruit Salad & Yoghurt available daily				

Main Meals are served with a varied choice of seasonal vegetables and a daily salad bar featuring seasonal super salads & freshly made bread.

**Bob Snail** fruit rolls & strips, fresh fruit salads & yoghurt available daily.



= Hidden Veg



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<b>OPTION 1</b>	Oven Baked Sausage & Gravy	Fruity Chicken Taco	Roast Beef, Yorkshire Pudding & Gravy	Wholemeal Cheese & Tomato Pizza (v)	Ocean Friendly Fish Selection
<b>OPTION 2</b>	Vegetarian Sausage Sizzler (v) & Gravy	Classic Favourite Sausage Roll (Ve)	Roasted Vegetable Parcel (v)	Mediterranean Chicken Wrap	Crispy Quorn Dippers (v)
<b>JACKET POTATO BAR</b>	Jacket Potato with Tuna	Jacket Potato with Cheese & Coleslaw (v)	Jacket Potato with Cheese & Baked Beans (v)	Jacket Potato with Cheese (v)	Jacket Potato with Cheese & Baked Beans (v)
<b>CARBS</b>	Mashed Potatoes	Herby Diced Potatoes or Rice	Mashed & Roast Potatoes	Potato Wedges	Chips
<b>CLASSIC DESSERT (over 5's)</b>	Waffles Ice Cream Tub Seasonal Fruit Salad	Peach Crumble & Custard Ice Cream Tub Seasonal Fruit Salad	Muffin Selection Yoghurt Seasonal Fruit Salad	Chocolate Brownie Yoghurt Seasonal Fruit Salad	Fruit Sorbet Yoghurt Seasonal Fruit Salad
<b>DESSERT (under 5's)</b>	Yoghurt or Seasonal Fruit Salad				
<b>SAMMY'S HEALTHY SNACKS</b>	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip (Over 5's only) or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists Seasonal Fruit Salad & Yoghurt available daily				

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<b>OPTION 1</b>	Beef Bolognese	Original Chicken Tikka Masala	Chicken Meatballs, Mash & Gravy	Wholemeal Cheese & Tomato Pizza (v)	Ocean Friendly Fish Selection
<b>OPTION 2</b>	Country Garden Vegetable Bake (v)	Spanish Style Quorn Paella (v)	Golden Cheddar Cheese & Potato Pie (v)	BBQ Chicken Wrap	Oven Baked Mac 'n' Cheddar Cheese (v)
<b>JACKET POTATO BAR</b>	Jacket Potato with Tuna	Jacket Potato with Cheese & Coleslaw (v)	Jacket Potato with Cheese & Baked Beans (v)	Jacket Potato with Cheese (v)	Jacket Potato with Cheese & Baked Beans (v)
<b>CARBS</b>	Herby Diced Potatoes or Wholewheat Pasta	Rice		Potato Wedges	Chips
<b>CLASSIC DESSERT (over 5's)</b>	Marble Sponge & Choc Sauce Ice Cream Tub Seasonal Fruit Salad	Chocolate Crowns Ice Cream Tub Seasonal Fruit Salad	Ice Cream Yoghurt Seasonal Fruit Salad	Cookie Selection Yoghurt Seasonal Fruit Salad	Fruity Jelly Fruit Sorbet Seasonal Fruit Salad
<b>DESSERT (under 5's)</b>	Yoghurt or Seasonal Fruit Salad				
<b>SAMMY'S HEALTHY SNACKS</b>	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip (Over 5's only) or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists Seasonal Fruit Salad & Yoghurt available daily				

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