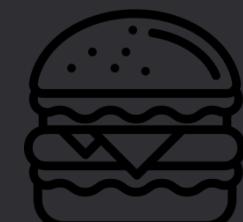
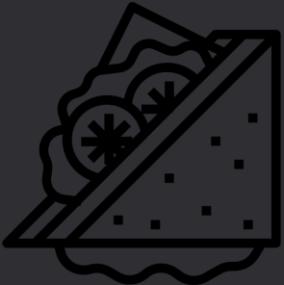


# THIS WEEK'S Eats

Week One



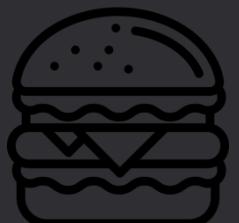
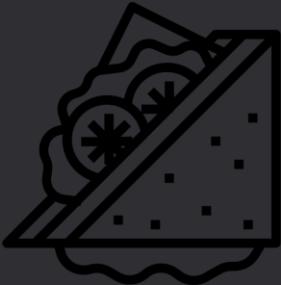
option  
one

Everyday faves!

	option one	Jackets	Pizza & Pasta	Hot Snacks	Salad	Sarnies
MON	<p><b>Sweet &amp; Sour Chicken</b> With Wholegrain Rice</p> <p><b>Vegan Chow Mein (V)</b> With Sweet Chilli Broccoli</p>	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
TUE	<p><b>Beef Burger or Feta &amp; Beetroot Burger (V)</b> With Baked Garlic &amp; Herb Wedges &amp; Coleslaw</p>	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
WED	<p><b>Chipotle Chicken Burrito or Vegetable Pastry Slice (V)</b> With Roast Potatoes and Carrots</p>	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
THUR	<p><b>Chicken Tikka Masala or Yellow Vegetable Curry (V)</b> With wholegrain rice and Sweetcorn</p>	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
FRI	<p><b>Battered Fish or Breaded Chicken Goujons or Pizza</b> With Chips Peas and Beans</p>	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!

# THIS WEEK'S Eats

Week Two



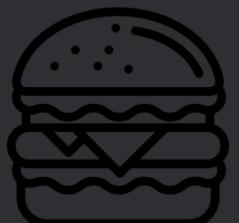
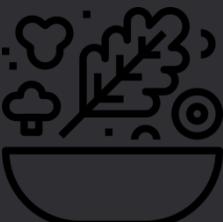
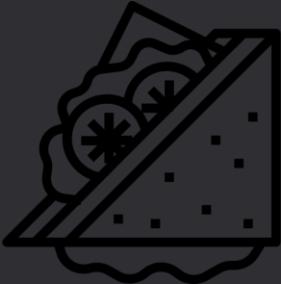
option  
one

Everyday faves!

		Jackets	Pizza & Pasta	Hot Snacks	Salad	Sarnies
	MON	Chipotle Chicken with Mexican Yellow Rice and Sweetcorn or Macaroni Cheese(V)  With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
	TUE	Beef Lasagne or Vegetable Lasagne served with Garlic & Herb Bread & Coleslaw  With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
	WED	Beef Burger with Garlic & Herb Potato Wedges & Coleslaw or Sweet Potato & Chickpea Roast (V) Roast Potatoes & Carrots  With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
	THUR	Chicken Korma with Wholegrain Rice and cucumber Raita or Blackeye Bean Veggie Burger (V) with Fajita Wedges & Coleslaw  With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
	FRI	Battered Fish or Breaded Chicken Goujons or Pizza With Chips Peas and Beans  With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!

# THIS WEEK'S Eats

Week  
Everyday faves!



	option one	Three			Salad	Sarnies
		Jackets	Pizza & Pasta	Hot Snacks		
MON	Beef Burrito or Vegan Burrito (V) with Sweetcorn	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
TUE	Chicken Chow Mein with Stir Fried Veg or Blackeye Bean Veggie Burger (V) with Chipotle Wedges & Corn slaw	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
WED	Roast Gammon or Cheesy Veg Pie (V) With Roast Potatoes Carrots , Cabbage and Gravy	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
THUR	Thai Red Chicken Curry or Vegan Thai Green Vegetable Curry (V) with wholegrain Rice and Lime Spiced Sweetcorn	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
FRI	Battered Fish or Breaded Chicken Goujons or Pizza With Chips , Beans & Peas	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!