

**Mighty MONDAY      Tasty TUESDAY      Roast of the Day WEDNESDAY      Fish THURSDAY      Favourites FRIDAY**

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



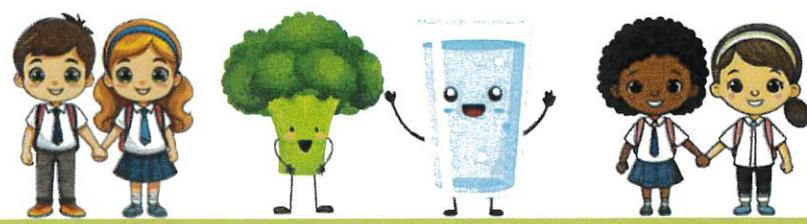
<b>OPTION 1</b>	BBQ Chicken Pasta Bake	Chicken Nuggets	Roast Chicken, Stuffing & Gravy	Ocean Friendly Fish Selection	Wholemeal Cheese & Tomato Pizza (v)
<b>OPTION 2</b>	Tomato Pasta Bake  (v)	Spanish Style Paella (v)	Cheesy Cauliflower & Tender Broccoli Bake & Gravy (v)	Roasted Vegetable Pasta Bake (v)	BBQ Plant Based Meatball Sub (ve)
<b>JACKET POTATO BAR</b>	<b>Available Daily:</b> Jacket Potato with choice of fillings				
<b>SANDWICH BAR WITH MACHOS &amp; SALAD</b>	<b>Available Daily:</b> Served with choice of fillings				
<b>CARBS</b>	Mexican Rice	Herby Diced Potatoes	Mashed & Roast Potatoes	Potato Wedges	Chips
<b>CLASSIC DESSERT</b>	Mini Doughnut	Chocolate Brownie	Muffin Selection	Vanilla Iced Sponge	Fruity Jelly
<b>SAMMY'S HEALTHY SNACKS</b>	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				

= Hidden Veg

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.



**SHIRE | FRESH |**  
 services | dining



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<b>OPTION 1</b>	Oven Baked Sausage & Gravy	Fruity Chicken Taco	Roast Beef, Yorkshire Pudding & Gravy	Ocean Friendly Fish Selection	Wholemeal Cheese & Tomato Pizza (v)
<b>OPTION 2</b>	Vegetarian Sausage Sizzler (v) & Gravy	Classic Favourite Sausage Roll (Ve)	Roasted Vegetable Parcel (v)	Pasta Neapolitan (v)	Crispy Quorn Dippers (v)
<b>JACKET POTATO BAR</b>	<b>Available Daily:</b> Jacket Potato with choice of fillings				
<b>SANDWICH BAP WITH NACHOS &amp; SALAD</b>	<b>Available Daily:</b> Served with choice of fillings				
<b>CARBS</b>	Mashed Potatoes	Herby Diced Potatoes or Rice	Mashed & Roast Potatoes	Potato Wedges	Chips
<b>CLASSIC DESSERT</b>	Waffles	Peach Crumble & Custard	Muffin Selection	Chocolate Brownie 🌱	Fruit Sorbet
<b>SAMMY'S HEALTHY SNACKS</b>	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				

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<b>OPTION 1</b>	Beef Bolognese  & Garlic Bread	Original Chicken Tikka Masala	Roast Chicken & Gravy	Ocean Friendly Fish Selection	Wholemeal Cheese & Tomato Pizza (v)
<b>OPTION 2</b>	Country Garden Vegetable Bake (v)	Quorn Tikka Masala  (v)	Golden Cheddar Cheese & Potato Pie (v)	BBQ Chicken Wrap	Oven Baked Mac 'n' Cheddar Cheese (v)
<b>JACKET POTATO BAR</b>	<b>Available Daily:</b> Jacket Potato with choice of fillings				
<b>SANDWICH BAR WITH NACHOS &amp; SALAD</b>	<b>Available Daily:</b> Served with choice of fillings				
<b>CARBS</b>	Herby Diced Potatoes or Wholewheat Pasta	Rice	Mashed & Roast Potatoes	Potato Wedges	Chips
<b>CLASSIC DESSERT</b>	Marble Sponge & Choc Sauce	Chocolate Crowns	Ice Cream	Cookie Selection	Fruity Jelly
<b>SAMMY'S HEALTHY SNACKS</b>	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				

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