



Mighty MONDAY

Tasty TUESDAY

Roast of the Day WEDNESDAY

Favourites THURSDAY

Fish FRIDAY

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



OPTION 1	Chicken Gyro Pitta	Chicken Nuggets	Roast Chicken, Stuffing & Gravy	Tandoori Chicken Wrap	Ocean Friendly Fish Selection
OPTION 2	Authentic Pitta Pizza (v)	BBQ Pulled Quorn Taco (v)	Cheesy Cauliflower & Tender Broccoli Bake & Gravy (v)	Wholemeal Cheese & Tomato Pizza (v)	BBQ Plant Based Meatball Sub (ve)
SANDWICH BAP WITH NACHOS & SALAD	Available Daily: Cheese, Ham or Tuna Bap				
JACKET POTATO BAR	Available Daily: Jacket Potato with Cheese, Baked Beans, Coleslaw or Tuna Mayo				
CARBS	Mexican Rice	Herby Diced Potatoes	Mashed & Roast Potatoes	Potato Wedges	Chips
CLASSIC DESSERT	Mini Doughnut	Chocolate Brownie	Muffin Selection	Vanilla Iced Sponge	Fruity Jelly
SAMMY'S HEALTHY SNACKS	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				

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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OPTION 1	Oven Baked Sausage & Gravy	Fruity Chicken Taco	Roast Beef, Yorkshire Pudding & Gravy	Mediterranean Chicken Wrap	Ocean Friendly Fish Selection
OPTION 2	Vegetarian Sausage Sizzler (v) & Gravy	Classic Favourite Sausage Roll (Ve)	Roasted Vegetable Parcel (v)	Wholemeal Cheese & Tomato Pizza (v)	Crispy Quorn Dippers (v)
SANDWICH BAP WITH NACHOS & SALAD	Available Daily: Cheese, Ham or Tuna Bap				
JACKET POTATO BAR	Available Daily: Jacket Potato with Cheese, Baked Beans, Coleslaw or Tuna Mayo				
CARBS	Mashed Potatoes	Herby Diced Potatoes or Rice	Mashed & Roast Potatoes	Potato Wedges	Chips
CLASSIC DESSERT	Waffles	Peach Crumble & Custard	Muffin Selection	Chocolate Brownie	Fruit Sorbet
SAMMY'S HEALTHY SNACKS	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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OPTION 1	Beef Bolognese	Original Chicken Tikka Masala	Chicken Meatballs, Mash & Gravy	BBQ Chicken Wrap	Ocean Friendly Fish Selection
OPTION 2	Country Garden Vegetable Bake (v)	Spanish Style Quorn Paella (v)	Golden Cheddar Cheese & Potato Pie (v)	Wholemeal Cheese & Tomato Pizza (v)	Oven Baked Mac 'n' Cheddar Cheese (v)
SANDWICH BAP WITH NACHOS & SALAD	Available Daily: Cheese, Ham or Tuna Bap				
JACKET POTATO BAR	Available Daily: Jacket Potato with Cheese, Baked Beans, Coleslaw or Tuna Mayo				
CARBS	Herby Diced Potatoes or Wholewheat Pasta	Rice		Potato Wedges	Chips
CLASSIC DESSERT	Marble Sponge & Choc Sauce	Chocolate Crowns	Ice Cream	Cookie Selection	Fruity Jelly
SAMMY'S HEALTHY SNACKS	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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