



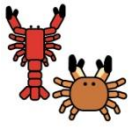
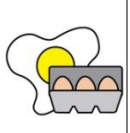

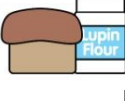








The Crunch- Menu Three

<i>Main course</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>1st Choice</i>	<i>Chicken sausage, potato wedges, baked beans and gravy</i>	<i>Cauliflower cheese, Rice</i>	<i>Roast chicken, roast potatoes, broccoli floret, gravy</i>	<i>Fusilli with mince meat</i>	<i>Cod fillet Fish fingers, oven chips, baked beans</i>
<i>2nd Choice</i>	<i>Vegetarian fingers, potato wedges, sweet corn</i>	<i>Vegetarian shepherd's pie</i>	<i>Kidney beans & pasta bake, broccoli floret</i>	<i>Butterbeans pasta, tomato sauce</i>	<i>Sea bass, oven chips or jacket potato, baked beans</i>
<i>3rd Choice</i>	<i>Cheese and bread</i>		<i>Tuna mayonnaise with roast or mash potato, broccoli floret</i>	<i>Diced mixed vegetable, quinoa</i>	<i>Jacket potato with cheese or tuna mayonnaise, baked beans</i>
<i>Salad bar Extra</i>	<i>Selection of salads Tomato ketchup Sliced bread</i>	<i>Selection of salads Sliced Bread</i>	<i>Selection of salads Sliced bread</i>	<i>Selection of salads Sliced bread</i>	<i>Selection of salads Sliced bread</i>
<i>Dessert</i>	<i>Fruit yoghurt Selection of fresh fruit</i>	<i>Apple cinnamon crumble & custard Selection of fresh fruit</i>	<i>Chocolate mousse Selection of fresh fruit</i>	<i>Lemon & sultana sponge & custard Selection of fresh fruit</i>	<i>Oat Cookies Selection of fresh fruit</i>

Fresh drinking water is available daily

DISHES AND THEIR ALLERGEN CONTENT Menu Three



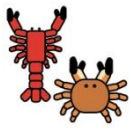











Monday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken sausage														
Vegetarian fingers		✓		✓			✓		✓					
Bread		✓												
Potato wedges		✓												
Natural yoghurt							✓							
Coleslaw				✓					✓					
cheese							✓							

DISHES AND THEIR ALLERGEN CONTENT

Menu Three




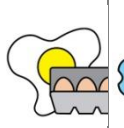
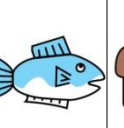
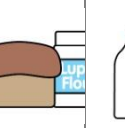

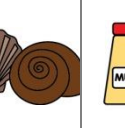
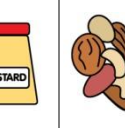
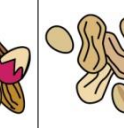

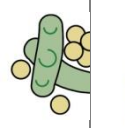


Tuesday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cauliflower cheese		✓					x							
Vegetarian Shepherd's pie		✓					✓							
Rice		✓												
Apple crumble		✓		✓			✓						✓	
Coleslaw				✓					✓					
Custard							✓							
cheese							✓							

DISHES AND THEIR ALLERGEN CONTENT

Menu Three





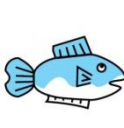
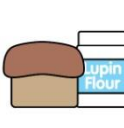







Wednesday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roast chicken	✓													
Mash potato		✓					✓							
Roast potato		✓												
Kidney beans Pasta bake	✓	✓												
Chocolate mousse							✓							
Coleslaw				✓					✓					
Tuna mayo				✓			✓		✓					
cheese							✓							

DISHES AND THEIR ALLERGEN CONTENT

Menu Three



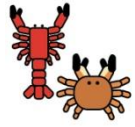
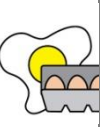
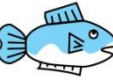
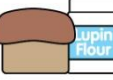






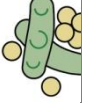

Thursday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pasta with mince meat		X					✓							
Butterbeans pasta with tomato sauce														
Quinoa with diced mixed vegetables		X												
Lemon sponge		✓					✓						✓	
Coleslaw				✓					✓					
Custard							✓							
cheese							✓							

DISHES AND THEIR ALLERGEN CONTENT

Menu Three

Friday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cod fillet fish finger		✓		✓										
Oven chips		✓												
Battered cod fillet		x			✓									
Jacket Potato														
Tuna mayo				✓	✓				✓					
coleslaw				✓					✓					
cheese							✓							