	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Special	Streaky Bacon & Pancakes	Egg, Beans & Hash Browns	A Selection of Fresh Fruit & Fresh Baked Croissants	Scrambled Egg Smoked Bacon & Hash Browns	Sausage, Egg & Spaghetti
Week 2 Special	Butter Croissant A Selection of Local and Continental Cheese and Meats	Egg Bacon & Hash Browns	Smoked Bacon & Waffles	Egg, Beans & Hash Browns	Full English
Week 3 Special	Eggs Beans & Hash Browns	A Selection of Fresh Fruit & Fresh Baked Croissants	Bacon & Potato Waffles	Sausage, Egg & Hash browns	Butter Croissant with Bacon
	Toast selection Crumpets, bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads Cereal Selection Selection of High Fibre & Whole Grain Cereals Baked Muffins Fresh & Healthy Fruit & Yoghurt Pots Porridge Bar Freshly Made Porridge with a selection of toppings	Toast selection Crumpets, Bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads Cereal Selection Selection of High Fibre & Whole Grain Cereals Baked Muffins Fresh & Healthy Fruit & Yoghurt Pots Porridge Bar Freshly Made Porridge with a selection of toppings	Toast selection Crumpets, bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads Cereal Selection Selection of High Fibre & Whole Grain Cereals Baked Muffins Fresh & Healthy Fruit & Yoghurt Pots Porridge Bar Freshly Made Porridge with a selection of toppings	Toast selection Crumpets, bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads Cereal Selection Selection of High Fibre & Whole Grain Cereals Baked Muffins Fresh & Healthy Fruit & Yoghurt Pots Porridge Bar Freshly Made Porridge with a selection of toppings	Toast selection Crumpets, bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads Cereal Selection Selection of High Fibre & Whole Grain Cereals Baked Muffins Fresh & Healthy Fruit & Yoghurt Pots Porridge Bar Freshly Made Porridge with a selection of toppings



	MONDAY	TUESDAY WEDNESDAY		THURSDAY	FRIDAY
Soup Of The Day	Roast Pepper & Vine Tomato with Crouton, Seeds & Fresh Bread	Carrot & Coriander with Crouton, Seeds & Fresh Bread	Three Bean & Lentil with Crouton, Seeds & Fresh Bread	Spicy Sweet Potato & Red Onion Soup with Crouton, Seeds & Fresh Bread	Minted Pea Soup with Crouton, Seeds & Fresh Bread
Chef's Special	Sticky Mince Beef Stir Fry	Beef & Root Vegetable Pie	Sausage with an Onion Gravy	Roast Pork with all the trimmings	Breaded Haddock Served with Tartare Sauce
Chef's Vegan / Vegetarian Special	Sweet Potato, Cauliflower & Chickpea Curry	Bean & Roasted Pepper Chilli	Roasted Vegetable Frittata with a Mozzarella Topping	Mac & Cheese with Crust Topping	Cheddar Cheese & Leek Filo Tart
Sides	Rice Broccoli Roasted Carrots	Oven Baked Herb Potatoes Green Beans Sauté courgettes	Creamed Mashed Potato Seasonal Roasted Vegetable Sauté Cabbage	Broccoli Roasted Carrot & Red Onion Crispy Roast Potatoes	String Fries Mushy Peas Baked Beans
Urban Street Food (Tues, Wed & Thurs)	Not available today	Jerk Chicken With Rice n Peas	Loaded Nachos	Fish Finger Baps	Not available today
Baked Potato & Pasta	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day
Dessert	Fresh Cut Fruit & Yoghurt Bar Jellies	Lemon Sponge with Custard	Rice Pudding with Berry Compote	Vanilla & Caramel Sponge	Fresh Cut Fruit & Yoghurt Bar Jellies



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Of The Day	Roast Pepper & Vine Tomato with Crouton, Seeds & Fresh Bread	Carrot & Coriander with Crouton, Seeds & Fresh Bread	Three Bean & Lentil with Crouton, Seeds & Fresh Bread	Spicy Sweet Potato & Red Onion Soup with Crouton, Seeds & Fresh Bread	Minted Pea Soup with Crouton, Seeds & Fresh Bread
Chef's Special	Sticky Mince Beef Stir Fry	Beef & Root Vegetable Pie	Sausage with an Onion Gravy	Roast Pork with all the trimmings	Breaded Haddock Served with Tartare Sauce
Chef's Vegan / Vegetarian Special	Sweet Potato Cauliflower & Chickpea Curry	Bean & Roasted Pepper Chilli	Roasted Vegetable Frittata with a Mozzarella Topping	Mac & Cheese with Crust Topping	Cheddar Cheese & Leek Filo Tart
Sides	Rice Broccoli Roasted Carrots	Oven Baked Herb Potatoes Green Beans Sauté courgettes	Creamed Mashed Potato Seasonal Roasted Vegetable Sauté Cabbage	Broccoli Roasted Carrot & Red Onion Crispy Roast Potatoes	String Fries Mushy Peas Baked Beans
Baked Potato & Pasta	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day
Dessert	Fresh Cut Fruit & Yoghurt Bar Jellies	Lemon Sponge with Custard	Rice Pudding with Berry Compote	Vanilla & Caramel Sponge	Fresh Cut Fruit & Yoghurt Bar Jellies



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Of The Day	French Onion with Crouton, Seeds & Fresh Bread	Parsnip & Bramble Apple with Crouton, Seeds & Fresh Bread	Roasted Pumpkin with Crouton, Seeds & Fresh Bread	Spiced Sweet Potato & Red Onion with Crouton, Seeds & Fresh Bread	Celeriac & Leek with Crouton, Seeds & Fresh Bread
Chef's Special	Beef Bolognaise	Chicken Stir Fry Noodles	Italian Meatballs in a Tomato sauce	Honey Roasted Gammon	Sausage Baguette with Fried Onions
Chef's Vegan / Vegetarian Special	Vegetable Bolognaise	Stir Fried Vegetable Noodles	Cauliflower & Broccoli Pasta Bake topped with breadcrumbs	Roasted Vegetable Tart	Chickpea, Spinach & Aubergine Curry
Sides	Pasta Garlic Bread Sauté Courgettes	Chinese Peas Prawn Crackers	Diced Herbed Potatoes Braised Leeks Sweetcorn	Herbed Wedges Honey Roast Carrots Broccoli	French Fries Baked Beans Garden Peas
Urban Street Food (Tues, Wed & Thurs)	Not available today	Vegetable Nachos	Sweet Chilli Chicken Rice	Cajun Chicken Burger	Not available today
Baked Potato & Pasta	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day
Dessert	Fresh Cut Fruit & Yoghurt Bar Jellies	Chocolate Chip Cake	Fruit Crumble with Custard	Marble Sponge	Fresh Cut Fruit & Yoghurt Bar Jellies





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Of The Day	French Onion with Crouton, Seeds & Fresh Bread	Parsnip & Bramble Apple with Crouton, Seeds & Fresh Bread	Roasted Pumpkin with Crouton, Seeds & Fresh Bread	Spiced Sweet Potato & Red Onion with Crouton, Seeds & Fresh Bread	Celeriac & Leek with Crouton, Seeds & Fresh Bread
Chef's Special	Beef Bolognaise	Chicken Stir Fry Noodles	Italian Meatballs in a Tomato sauce	Honey Roasted Gammon	Sausage Baguette with Fried Onions
Chef's Vegan / Vegetarian Special	Vegetable Bolognaise	Stir Fried Vegetable Noodles	Cauliflower & Broccoli Pasta Bake topped with breadcrumbs	Roasted Vegetable Tart	Chickpea, Spinach & Aubergine Curry
Sides	Pasta Garlic Bread Sauté Courgettes	Chinese Peas Prawn Crackers	Diced Herbed Potatoes Braised Leeks Sweetcorn	Herbed Wedges Honey Roast Carrots Broccoli	French Fries Baked Beans Garden Peas
Baked Potato & Pasta	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of The Day
Dessert	Fresh Cut Fruit & Yoghurt Bar Jellies	Chocolate Chip Cake	Fruit Crumble with Custard	Marble Sponge	Fresh Cut Fruit & Yoghurt Bar Jellies



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Of The Day	Spicy Lentil with Crouton, Seeds & Fresh Bread	Minestrone with Crouton, Seeds & Fresh Bread	Tomato & Basil with Crouton, Seeds & Fresh Bread	Leek & Potato with Crouton, Seeds & Fresh Bread	Courgette & Potato Crème Fraiche with Crouton, Seeds & Fresh Bread
Chef's Special	Beef Chilli Con Carne	Chicken & Sweetcorn Pasta	Meat Feast & Mozzarella Pizza	Roast Beef with all the trimmings	Cheeseburger in a Floured Bap
Chef's Vegan / Vegetarian Special	Vegetable Chilli	Mushroom & Roasted Pepper & Red Onion Noodles	Margarita Pizza	Spicy Vegetable Pasta	Mushroom & Leek Risotto
Sides	Rice Sweetcorn Leeks & Peas	Broccoli Steamed Carrots	Garlic & herb Wedges Green Salad Roasted Corn on Cob	Roasted Potatoes Green beans Roasted Carrots	String Fries, Peas, Baked Beans
Urban Street Food (Mon, Tues & Thurs)	Not available today	Toad in the hole	Chicken & Chorizo Paella	Halloumi Burger in a Floured Bap	Not available today
Baked Potato & Pasta	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans
Dessert	Fresh Cut Fruit & Yoghurt Bar Jellies	Chocolate Pudding With Chocolate Sauce	Apple & Sultana Pie with Custard	Vanilla Cake	Fresh Cut Fruit & Yoghurt Bar Jellies



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Of The Day	Spicy Lentil with Crouton, Seeds & Fresh Bread	Minestrone with Crouton, Seeds & Fresh Bread	Tomato & Basil with Crouton, Seeds & Fresh Bread	Leek & Potato with Crouton, Seeds & Fresh Bread	Courgette & Potato Crème Fraiche with Crouton, Seeds & Fresh Bread
Chef's Special	Beef Chilli Con Carne	Chicken & Sweetcorn Pasta	Meat Feast & Mozzarella Pizza	Roast Beef with all the trimmings	Cheeseburger in a Floured Bap
Chef's Vegan / Vegetarian Special	Vegetable Chilli	Mushroom & Roasted Pepper & Red Onion Noodles	Margarita Pizza	Spicy Vegetable Pasta	Mushroom & Leek risotto
Sides	Rice Sweetcorn Leeks & Peas	Broccoli Steamed Carrots	Carlic & herb Wedges Green Salad Roasted Corn on Cob	Roasted Potatoes Green beans Roasted Carrots	String Fries, Peas, Baked Beans
Baked Potato & Pasta	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day Baked Beans
Dessert	Fresh Cut Fruit & Yoghurt Bar Jellies	Chocolate Pudding With Chocolate Sauce	Apple & Sultana Pie with Custard	Vanilla Cake	Fresh Cut Fruit & Yoghurt Bar Jellies



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Special	Chicken Burger	Meatballs in a Tomato Sauce	Fake Away Night	Chicken & Mushroom Pie	Classic Beef Lasagne
Chef's Vegetarian/ Vegan	Vegetable Burger	Pitta Bread Pizza	Fake Away Night	Spicy Roast Vegetable Tart	Vegetable Lasagne
Sides	String Fries Sweetcorn	Pasta Mixed Salad Broccoli	Fake Away Night	Roasted New Potatoes, Green Beans, Greek Salad	Herby Potatoes, Broccoli Mixed Leaf Salad
Baked Potato & Pasta	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the day	Pasta with Tomato Sauce	Fake Away Night	Pasta with Tomato Sauce	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day
Dessert	Fresh Cut Fruit & Yoghurt Bar	Chocolate Brownie	Fake Away Night	Carrot Cake	Fresh Cut Fruit & Yoghurt Bar



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Special	Meat Pitta Bread Pizza	Cottage Pie	Sticky Chicken	Sweet & Sour Pork	Southern Baked Chicken Fillets
Chef's Vegan / Vegetarian Special	Pesto & Mozzarella Pasta	Vegetable Burger in a Bap & Sweet potato Fries	Vegetable Curry	Roast Vegetable Frittata	Stuffed Jacket Potatoes
Sides	Wedges Sweetcorn	Steamed Carrots Braised cabbage	Rice Crunchy Green Salad Sweetcorn and Red Peppers	Potato Wedges Stir Fried Vegetable Roasted Broccoli	Diced Potatoes Corn on the Cobs Caesar Salad
Baked Potato & Pasta	Baked Jackets or Sweet Jackets Filling of the Day	Pasta with Tomato Sauce Filling of the Day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day	Pasta with Tomato Sauce Filling of the Day	Baked Jackets or Sweet Jackets Filling of the Day
Dessert	Fresh Cut Fruit & Yoghurt Bar	Fresh Baked Cake	Fresh Cut Fruit & Yoghurt Bar	Fresh Baked Cookies	Fresh Cut Fruit & Yoghurt Bar





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Special	BBQ Chicken	Sausage & Egg	Beef Bolognaise	Southern Fried Chicken	Curry Night
Chef's Vegan / Vegetarian Special	Sweet Chilli Vegetable with Rice	Mac & Cheese	Stuffed Jacket Halves	Five Bean Chilli with Rice	Curry Night
Sides	Mexican Wedges Garden Peas	Chips Baked Beans	Diced Herbed Potatoes Broccoli	Roasted Wedges Medley of Vegetables	Curry Night
Baked Potato & Pasta	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day	Pasta with Tomato Sauce Filling of The Day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day	Pasta with Tomato Sauce Filling of The Day	Curry Night
Dessert	Fresh Cut Fruit & Yoghurt Bar	Tray Bake	Fresh Cut Fruit & Yoghurt Bar	Carrot Cake with Frosting	Curry Night



SATURDAY BREAKFAST	SATURDAY LUNCH	SATURDAY EVENING	SUNDAY BRUNCH	SUNDAY EVENING
Toast selection Crumpets, bagels and a			Toast selection	
selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads	Cheese & Ham Quiche	Chicken Singapore Noodles	Crumpets, bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey &	BBQ Pork
Cereal Selection Selection of High Fibre & Whole	Loaded Jackets	Vegetable Noodles	Spreads Cereal Selection Selection of High Fibre & Whole	Vegetable Pasta Bake
Grain Cereals Baked Muffins	Mixed Salad	Prawn Crackers	Grain Cereals Baked Muffins	Garlic Potatoes Roasted Carrots Green Beans
Fresh & Healthy Fruit & Yoghurt Pots Porridge Bar	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day	Full English Brunch Scrambled Eggs, Bacon, Sausage, Tomatoes, Hash Browns, Black Pudding, Mushrooms & Backad Bacas	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day
Freshly Made Porridge with a selection of toppings Hot Item Egg & Bacon Wrap with Tomato Sauce	Fresh & Healthy Fruit & Yoghurt Pots	Cheesecake	Baked Beans Sunday Brunch Special Eggs Florentine on a toasted Muffin Fresh & Healthy Fruit & Yoghurt Pots	Fruit Crumble





SATURDAY BREAKFAST	SATURDAY LUNCH	SATURDAY EVENING	SUNDAY BRUNCH	SUNDAY EVENING
Toast selection Crumpets, bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads Cereal Selection	Pasta Bar	Fish Finger Baps	Toast selection Crumpets, bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads	Hunters Chicken
Selection of High Fibre & Whole Grain Cereals Baked Muffins	Pasta Bar	Vegetable Burger	Cereal Selection Selection of High Fibre & Whole Grain Cereals	Hunters Quorn Fillet
Fresh & Healthy Fruit & Yoghurt Pots	Pasta Bar	Fries Peas Green Salad	Baked Muffins Full English Brunch Scrambled Eggs, Bacon, Sausage,	Sauté New Potatoes Broccoli
Porridge Bar Freshly Made Porridge with a selection of toppings Hot Item Egg & Bacon wrap with Tomato sauce	Pasta Bar	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day	Tomatoes, Hash Browns, Black Pudding, Mushrooms & Baked Beans Sunday Brunch Special Club Sandwich Fresh & Healthy	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day
	Fresh & Healthy Fruit & Yoghurt Pots	Jam Tarts	Fruit & Yoghurt Pots	Shebbear Mess



SATURDAY BREAKFAST	SATURDAY LUNCH	SATURDAY EVENING	SUNDAY BRUNCH	SUNDAY EVENING
			_	
Toast selection Crumpets, bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads	Street Food	Loaded Nachos	Toast selection Crumpets, bagels and a selection of White, Wholemeal & Granary Breads Selection of Jams, Honey & Spreads	Sticky Chicken
Cereal Selection Selection of High Fibre & Whole Grain Cereals	Street Food	Loaded Nachos	Cereal Selection Selection of High Fibre & Whole Grain Cereals	Vegetable Stir Fry
Baked Muffins				
Fresh & Healthy Fruit & Yoghurt Pots	Street Food	Mixed Salad	Full English Brunch Scrambled Eggs, Bacon, Sausage, Tomatoes, Hash Browns, Black Pudding, Mushrooms & Baked Beans	Egg Fried Rice
Porridge Bar Freshly Made Porridge with a selection of toppings	Street Food	Baked Jackets or Sweet Jackets Pasta with Tomato Sauce Filling of the Day	Sunday Brunch Special Egg & Sausage Muffin	Baked Jackets or Sweet Pasta with Tomato Sauce Pasta with Tomato Sauce Filling of the Day
Hot Item Bubble & Squeak with			Fresh & Healthy Fruit & Yoghurt Pots	
Poached Egg	Street Food	Stick toffee Muffins		Chocolate Pots



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Every day	Whole Fresh Fruit	Smoothie	Whole Fresh Fruit	Smoothie	Whole Fresh Fruit
Week 1	Half Ham & Cheese Panini	Waffle	Krispy Cake	Fresh Fruit	Cookie
Week 2	Pain au Chocolate	Sausage Roll	Doughnut	Fresh Fruit	Cookie



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Smoothie	Fresh Fruit	Croissant	Doughnut	Smoothie
Week 2	Muffins	Tray Bake	Doughnut	Tray Bake	Fresh Fruit

