FOI.12477 - Attachment 13

Egg free lunch (week 1)

	Monday
Section: Starters	•
Orange juice	
Butternut Squash Soup	
Section: Main Choices	
Roast Beef in Gravy, with po	otatoes, carrots and beans
Chilli Con Carne in a tomato	o sauce, served with rice
Steak and Mushroom Casse	erole, with potatoes and veg in a red wine sauce
	with potatoes, peas and beans
<u> </u>	tomato sauce with rice and vegetables
Pork in Gravy, with roast po	
	rice, peppers and pineapple
	otpot, served with potatoes and mashed veg
Roast Chicken in Gravy, wit	
<u> </u>	le Bake, with potatoes and veg in a tomato sauce
Vegan Spicy Bean Cassero	le, with potato wedges and veg served in a spicy tomato sauce
Section: Jacket potato	
Jacket Potato	
Section: Jacket potato fill	ing
Baked beans	
Vegan cheese	
Tuna flakes	
Section: Sandwiches	
Plain Chicken Sandwich	
Plain Ham Sandwich Tuna flakes Sandwich	
Tuna flakes Sandwich	
Continue Colodo (Office in	alsot notate)
Section: Salads (Offer jac Chicken Salad	cket potato)
Ham Salad	
Tuna flake Salad	
Bread roll with spread	
Section: Desserts	
Fruit Pot	
Strawberry fruit yoghurt	
Vanilla yoghurt	
Fresh Fruit	
Cold Bramley apple pie	
Hot Chocolate chip and ora	nge nudding
Cold Coconut and chocolate	
Cold Cocondit and chocolate Cold Orange and passion fr	
Rice pudding (hot or cold)	ait oncode band
Trice padding (not or cold)	
Section: Extras	
Custard	
<u> </u>	
Cream (for the tart or fruit po	υι ₎

Section	: Starters
Orange Tomato	
Tomato	Soup
	Section: Main Choices
Poast P	
	eef in Gravy, with potatoes, carrots and beans on Carne in a tomato sauce, served with rice
	nd Mushroom Casserole, with potatoes and veg in a red wine sauce
	amb in Mint Gravy, with potatoes, peas and beans
	agine, with a spiced tomato sauce with rice and vegetables
	Gravy, with roast potatoes, gravy and veg
	Sour Chicken, with rice, peppers and pineapple
	, Bacon & Thyme Hotpot, served with potatoes and mashed veg
	hicken in Gravy, with potatoes, veg and gravy
	Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
	Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauc
vegane	pricy bean casseroic, with potato weages and veg served in a spicy tomato sade
Section	: Jacket potato
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Section	: Jacket potato filling
Baked b	
Vegan c	heese
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Sectio	n: Sandwiches
Plain Ch	nicken Sandwich
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	n: Salads
Chicken	
Ham Sa	
	ke Salad
Bread ro	oll with spread
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	n: Desserts
Fruit Po	
	rry fruit yoghurt
Vanilla y	•
Fresh F	
	amley apple pie
	colate chip and orange pudding
	conut and chocolate tart
	ange and passion fruit cheese cake
Rice pu	dding (hot or cold)
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	n: Extras
Custard	
1:40000 /	for the tart or fruit pot)

Wednesday	
Section: Starters	
Orange juice	
Cauliflower & Apple Soup	
Section: Main Choices	
Roast Beef in Gravy, with potatoes, carrots and beans	
Chilli Con Carne in a tomato sauce, served with rice	
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	
Roast Lamb in Mint Gravy, with potatoes, peas and beans	
Lamb Tagine, with a spiced tomato sauce with rice and vegetables	
Pork in Gravy, with roast potatoes, gravy and veg	
Sweet & Sour Chicken, with rice, peppers and pineapple	
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg	
Roast Chicken in Gravy, with potatoes, veg and gravy	
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce	
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato s	auce
Section: Jacket potato	
Jacket Potato	
Section: Jacket potato filling	
Baked beans	
Vegan cheese	
Tuna flakes	
Selction: Sandwiches	
Plain Chicken Sandwich	
Plain Ham Sandwich	
Tuna flakes Sandwich	
Section: Salads	
Chicken Salad	
Ham Salad	
Tuna flake Salad	
Bread roll with spread	
Section: Desserts	
Fruit Pot	
Strawberry fruit yoghurt	
Vanilla yoghurt	
Fresh Fruit	
Cold Bramley apple pie	
Hot Chocolate chip and orange pudding	
Cold Coconut and chocolate tart	
Cold Orange and passion fruit cheese cake	
Rice pudding (hot or cold)	
raioc padaing (not or cold)	
Trice padding (not or cold)	
Section: Extras	

Thursday	
ection: Starters	
range juice	
egetable Soup	
ection: Main Choices	
loast Beef in Gravy, with potatoes, carrots and beans	
hilli Con Carne in a tomato sauce, served with rice	
teak and Mushroom Casserole, with potatoes and veg in a red wine sauce	
loast Lamb in Mint Gravy, with potatoes, peas and beans	
amb Tagine, with a spiced tomato sauce with rice and vegetables	
ork in Gravy, with roast potatoes, gravy and veg	
weet & Sour Chicken, with rice, peppers and pineapple	
hick, Bacon & Thyme Hotpot, served with potatoes and mashed veg	
loast Chicken in Gravy, with potatoes, veg and gravy	
egan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce	
egan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato saud	се
ection: Jacket potato	
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Section: Sandwiches	
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lain Ham Sandwich	
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Section: Salads	
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una flake Salad	
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Section: Desserts	
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anilla yoghurt	
resh Fruit	
old Bramley apple pie	
ot Chocolate chip and orange pudding	
cold Coconut and chocolate tart	
cold Orange and passion fruit cheese cake	
lice pudding (hot or cold)	
Section: Extras	
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0 11 01	Friday
Section: Start	ers
Orange juice	
Mushroom sou	ıp
Section: Main	Chaine
	Gravy, with potatoes, carrots and beans ne in a tomato sauce, served with rice
	shroom Casserole, with potatoes and veg in a red wine sauce
	Mint Gravy, with potatoes, peas and beans
	with a spiced tomato sauce with rice and vegetables
	with roast potatoes, gravy and veg
	Chicken, with rice, peppers and pineapple
	& Thyme Hotpot, served with potatoes and mashed veg
	in Gravy, with potatoes, veg and gravy
	çale Vegetable Bake, with potaotes and veg in a tomato sauce
	ean Casserole, with potato wedges and veg served in a spicy tomato sauce
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Section: Jack	et potato
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	et potato filling
Baked beans	
Vegan cheese	
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Plain Chicken	
Plain Ham Sar	
Tuna flakes Sa	andwich
Section: Sal	ade
Chicken Salad	
Ham Salad	
Tuna flake Sal	ad
Bread roll with	
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Section: Des	sserts
Fruit Pot	
Strawberry frui	t voghurt
Vanilla yoghur	
Fresh Fruit	
Cold Bramley	apple pie
	chip and orange pudding
	and chocolate tart
Cold Orange a	and passion fruit cheese cake
Rice pudding (
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Section: Ext	ras
Custard	
	tart or fruit pot)

Section: Starters	
Orange juice	
Leek & Potato Soup	
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Section: Main Choices	
Roast Beef in Gravy, with potatoes, carrots and beans	
Chilli Con Carne in a tomato sauce, served with rice	
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	Э
Roast Lamb in Mint Gravy, with potatoes, peas and beans	
Lamb Tagine, with a spiced tomato sauce with rice and vegetables	
Pork in Gravy, with roast potatoes, gravy and veg	
Sweet & Sour Chicken, with rice, peppers and pineapple	
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg	
Roast Chicken in Gravy, with potatoes, veg and gravy	
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauc	
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spic	y tomato sauce
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Section: Sandwiches	
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Plain Ham Sandwich	
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Section: Salads	
Chicken Salad	
Ham Salad	
Tuna flake Salad	
Bread roll with spread	
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Section: Desserts	
Fruit Pot	
Strawberry fruit yoghurt	
Vanilla yoghurt	
Fresh Fruit	
Cold Bramley apple pie	
Hot Chocolate chip and orange pudding	
Cold Coconut and chocolate tart	
Cold Orange and passion fruit cheese cake	
Rice pudding (hot or cold)	
Section: Extras	
Custard	
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Saturday

Section: Starters Orange juice Tomato Soup Section: Main Choices Roast Beef in Gravy, with potatoes, carrots and beans Chilli Con Carne in a tomato sauce, served with rice Steak and Mushroom Casserole, with potatoes and veg in a red wine sau Roast Lamb in Mint Gravy, with potatoes, peas and beans Lamb Tagine, with a spiced tomato sauce with rice and vegetables Pork in Gravy, with roast potatoes, gravy and veg Sweet & Sour Chicken, with rice, peppers and pineapple Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg Roast Chicken in Gravy, with potatoes, veg and gravy Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sa Vegan Spicy Bean Casserole, with potato wedges and veg served in a sp Section: Jacket potato Jacket Potato Section: Jacket potato filling Baked beans Vegan cheese Tuna flakes	
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Sweet & Sour Chicken, with rice, peppers and pineapple Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg Roast Chicken in Gravy, with potatoes, veg and gravy Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sa Vegan Spicy Bean Casserole, with potato wedges and veg served in a sp Section: Jacket potato Jacket Potato Section: Jacket potato filling Baked beans Vegan cheese	
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg Roast Chicken in Gravy, with potatoes, veg and gravy Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sa Vegan Spicy Bean Casserole, with potato wedges and veg served in a sp Section: Jacket potato Jacket Potato Section: Jacket potato filling Baked beans Vegan cheese	
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Section: Jacket potato filling Baked beans Vegan cheese	
Baked beans Vegan cheese	
Baked beans Vegan cheese	
Vegan cheese	
Tuna flakes	
Section: Sandwiches	
Plain Chicken Sandwich	
Plain Ham Sandwich	
Tuna flakes Sandwich	
Section: Salads	
Chicken Salad	
Ham Salad	
Tuna flake Salad	
Bread roll with spread	
Bread Foll With Spread	
Section: Desserts	
Fruit Pot	
Strawberry fruit yoghurt	
Vanilla yoghurt	
Fresh Fruit	
Cold Bramley apple pie	
Hot Chocolate chip and orange pudding	
Cold Coconut and chocolate tart	
Cold Orange and passion fruit cheese cake	
Rice pudding (hot or cold)	
Titoo padding (not or ooid)	
Section: Extras	
Custard	

Egg free lunch (week 2)

Egg free lunch (week 2)
Monday
Section: Starters
Orange juice
Carrot and coriander soup
Section: Main Choices
Roast Beef in Gravy, with potatoes, carrots and beans
Chilli Con Carne in a tomato sauce, served with rice
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce
Roast Lamb in Mint Gravy, with potatoes, peas and beans
Lamb Tagine, with a spiced tomato sauce with rice and vegetables
Pork in Gravy, with roast potatoes, gravy and veg
Sweet & Sour Chicken, with rice, peppers and pineapple
Chicken, Bacon & Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken in Gravy, with potatoes, veg and gravy
Vegan Provençale Vegetable Bake, with potatoes and veg in a tomato sauce
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
Jacket Potato
Section: Jacket potato filling
Baked beans
Vegan cheese
Tuna flakes
Section: Sandwiches
Plain Chicken Sandwich
Plain Ham Sandwich
Tuna flakes Sandwich
Section: Salads
Chicken Salad
Ham Salad
Tuna flake Salad
Bread roll with spread
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Section: Desserts
Fruit Pot
Strawberry fruit yoghurt
Vanilla yoghurt
Fresh Fruit
Cold Bramley apple pie
Hot Chocolate chip and orange pudding
Cold Coconut and chocolate tart
Cold Orange and passion fruit cheese cake
Rice pudding (hot or cold)
The passing (not or one)
Section: Extras
Custard
Cream (for the tart or fruit pot)
Ordani (ioi tile tait oi iiuit pot)
Friday
Section: Starters
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Tuesday	
Section: Starters	
inge juice	
k and potato soup	
Section: Main Choices	
ast Beef in Gravy, with potatoes, carrots and beans	
Ili Con Carne in a tomato sauce, served with rice	
ak and Mushroom Casserole, with potatoes and veg in a red wine sauce	
ast Lamb in Mint Gravy, with potatoes, peas and beans	
nb Tagine, with a spiced tomato sauce with rice and vegetables	
k in Gravy, with roast potatoes, gravy and veg	
eet & Sour Chicken, with rice, peppers and pineapple	
cken, Bacon & Thyme Hotpot, served with potatoes and mashed veg	
ast Chicken in Gravy, with potatoes, veg and gravy	
gan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce	
gan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato	sauce
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ection: Sandwiches	
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in Ham Sandwich	
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ection: Salads	
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na flake Salad	
ad roll with spread	
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ection: Desserts it Pot	
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d Bramley apple pie	
Chocolate chip and orange pudding	
d Coconut and chocolate tart	
d Orange and passion fruit cheese cake	
e pudding (hot or cold)	
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ection: Extras	
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am (for the tart or fruit pot)	

Cream (for the tart or fruit pot)

Wednesday	
Section: Starters	
Orange juice	_
Mushroom soup	_
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Section: Main Choices	
Roast Beef in Gravy, with potatoes, carrots and beans	
Chilli Con Carne in a tomato sauce, served with rice	
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	
Roast Lamb in Mint Gravy, with potatoes, peas and beans	
Lamb Tagine, with a spiced tomato sauce with rice and vegetables	
Pork in Gravy, with roast potatoes, gravy and veg	_
Sweet & Sour Chicken, with rice, peppers and pineapple	
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg	
Roast Chicken in Gravy, with potatoes, veg and gravy	
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce	
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sau	C
Jacket Potato	
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Section: Jacket potato filling	
Baked beans	
Vegan cheese	
Tuna flakes	
Section: Sandwiches	
Plain Chicken Sandwich	
Plain Ham Sandwich	
Tuna flakes Sandwich	
Section: Salads	
Chicken Salad	_
Ham Salad	
Tuna flake Salad	
Bread roll with spread	_
Section: Desserts	
Fruit Pot	_
Strawberry fruit yoghurt	
Vanilla yoghurt	
Fresh Fruit	
Cold Bramley apple pie	
Hot Chocolate chip and orange pudding	_
Cold Coconut and chocolate tart	
Cold Orange and passion fruit cheese cake	_
Rice pudding (hot or cold)	
The pagaing (not or ooid)	
Section: Extras	
Custard	
Cream (for the tart or fruit pot)	
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Sunday

Section: Starters

Thursday
ection: Starters
range juice
omato soup
ection: Main Choices
oast Beef in Gravy, with potatoes, carrots and beans
hilli Con Carne in a tomato sauce, served with rice
teak and Mushroom Casserole, with potatoes and veg in a red wine sauce
oast Lamb in Mint Gravy, with potatoes, peas and beans
amb Tagine, with a spiced tomato sauce with rice and vegetables
ork in Gravy, with roast potatoes, gravy and veg
weet & Sour Chicken, with rice, peppers and pineapple
hick, Bacon & Thyme Hotpot, served with potatoes and mashed veg
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egan Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sauce
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Section: Sandwiches
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lain Ham Sandwich
una flakes Sandwich
Section: Salads
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Section: Desserts
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trawberry fruit yoghurt
anilla yoghurt
resh Fruit
old Bramley apple pie
ot Chocolate chip and orange pudding
old Coconut and chocolate tart
old Orange and passion fruit cheese cake
ice pudding (hot or cold)
Section: Extras
ustard
ream (for the tart or fruit pot)
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	Friday
Section: Starte	ers
Orange juice	
Vegetable soup	
Section: Main	Choices
	ravy, with potatoes, carrots and beans
	e in a tomato sauce, served with rice
	nroom Casserole, with potatoes and veg in a red wine sauce
	Mint Gravy, with potatoes, peas and beans
	vith a spiced tomato sauce with rice and vegetables
	vith roast potatoes, gravy and veg
	Chicken, with rice, peppers and pineapple
Chick, Bacon &	Thyme Hotpot, served with potatoes and mashed veg
Roast Chicken i	n Gravy, with potatoes, veg and gravy
Vegan Provenç	ale Vegetable Bake, with potaotes and veg in a tomato sauce
Vegan Spicy Be	ean Casserole, with potato wedges and veg served in a spicy tomato sauce
Jacket Potato	
Section: Jacke	t potato filling
Baked beans	
Vegan cheese	
Tuna flakes	
Section: Sand	dwiches
Plain Chicken S	Sandwich
Plain Ham Sand	dwich
Tuna flakes Sar	ndwich
Section: Sala	ds
Chicken Salad	
Ham Salad	
Tuna flake Sala	d
Bread roll with s	spread
Section: Dess	serts
Fruit Pot	
Strawberry fruit	yoghurt
Vanilla yoghurt	
Fresh Fruit	
Cold Bramley a	pple pie
	chip and orange pudding
	nd chocolate tart
	d pagaign fruit chagge colve

Cold Orange and passion fruit cheese cake

Rice pudding (hot or cold)

Cream (for the tart or fruit pot)

Section: Extras

Custard

Section: Extras Custard	
Oustalu	
Cream (for the tart or fruit pot)	
Saturday Saturday	
Section: Starters Orange juice	
Pea and mint soup	
Ca and mint 30ap	
Section: Main Choices	
Roast Beef in Gravy, with potatoes, carrots and beans	
Chilli Con Carne in a tomato sauce, served with rice	
Steak and Mushroom Casserole, with potatoes and veg in a red wine sauce	
Roast Lamb in Mint Gravy, with potatoes, peas and beans	
Lamb Tagine, with a spiced tomato sauce with rice and vegetables	
Pork in Gravy, with roast potatoes, gravy and veg	
Sweet & Sour Chicken, with rice, peppers and pineapple	
Chick, Bacon & Thyme Hotpot, served with potatoes and mashed veg	
Roast Chicken in Gravy, with potatoes, veg and gravy	
Vegan Provençale Vegetable Bake, with potaotes and veg in a tomato sauce	
Vegan Spicy Bean Casserole, with potato wedges and veg served in a spicy	tomato sauce
Jacket Potato	
Section: Jacket potato filling	
Baked beans	
Vegan cheese	
Tuna flakes	
Section: Sandwiches	
Plain Chicken Sandwich	
Plain Ham Sandwich	
Tuna flakes Sandwich	
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Section: Salads	
Chicken Salad	
Ham Salad	
Tuna flake Salad	
Bread roll with spread	
Bread roll with spread	
Bread roll with spread Section: Desserts Fruit Pot	
Bread roll with spread Section: Desserts	
Bread roll with spread Section: Desserts Fruit Pot Strawberry fruit yoghurt	
Bread roll with spread Section: Desserts Fruit Pot Strawberry fruit yoghurt Vanilla yoghurt	
Section: Desserts Fruit Pot Strawberry fruit yoghurt Vanilla yoghurt Fresh Fruit	
Section: Desserts Fruit Pot Strawberry fruit yoghurt Vanilla yoghurt Fresh Fruit Cold Bramley apple pie	
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0	tion. Main Chaine
	t Reef in Crowy with notatees, carrete and beens
	t Beef in Gravy, with potatoes, carrots and beans
	Con Carne in a tomato sauce, served with rice cand Mushroom Casserole, with potatoes and veg in a red wine sauce
	t Lamb in Mint Gravy, with potatoes, peas and beans
	Tagine, with a spiced tomato sauce with rice and vegetables
	in Gravy, with roast potatoes, gravy and veg
	et & Sour Chicken, with rice, peppers and pineapple
	κ, Bacon & Thyme Hotpot, served with potatoes and mashed veg
	t Chicken in Gravy, with potatoes, veg and gravy
	n Provençale Vegetable Bake, with potaotes and veg in a tomato sauce
	in Spicy Bean Casserole, with potato wedges and veg served in a spicy tomato sa
	et Potato
o aon	
Secti	ion: Jacket potato filling
	d beans
Vega	n cheese
	flakes
Sec	tion: Sandwiches
	Chicken Sandwich
Plain	Ham Sandwich
Tuna	flakes Sandwich
Sec	tion: Salads
Chick	ken Salad
Ham	Salad
Tuna	flake Salad
Bread	d roll with spread
	tion: Desserts
Fruit	
	vberry fruit yoghurt
	la yoghurt
	n Fruit
	Bramley apple pie
	Chocolate chip and orange pudding
	Coconut and chocolate tart
	Orange and passion fruit cheese cake
Rice	pudding (hot or cold)
•	
	tion: Extras
Custa	
∪real	m (for the tart or fruit pot)