M Main meal £2.40. V Vegetarian option £2.40. L. Light £2.05. D Dessert. Wholemeal bread, milk and water available daily. Fresh fruit and yoghurts available daily as a dessert alternative. Packed lunched are also available at $£ 1.95$ to be ordered on the day and include a sandwich/roll (ham or cheese), a drink, yoghurt piece of fruit and cake. Exciting salad bar available with all meal choice - varied daily. Salmon is available in the salad bar on Tuesdays week 3.

| Week 1 | Week 2 | Week 3 |
| :--- | :--- | :--- | :--- |


| Week |  | 1 | 2 | $\sum$ | 3 | 1 | 2 | 3 | $\stackrel{y}{ٍ}$ | 1 | 2 | 3 | 1 | 2 | 家 | 3 | 1 | 2 | 3 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mon |  |  | 26 |  |  | 10 | 17 | 24 |  |  | 7 | 14 | 21 | 28 |  |  | 5 | 12 | 19 |
| Tues |  | 20 | 27 |  | 4 | 11 | 18 | 25 |  | 1 | 8 | 15 | 22 | 29 |  |  | 6 | 13 | 20 |
| Wed |  | 21 | 28 |  | 5 | 12 | 19 | 26 |  | 2 | 9 | 16 | 23 | 30 |  |  | 7 | 14 | 21 |
| Thu |  | 22 | 29 |  | 6 | 13 | 20 | 27 |  | 3 | 10 | 17 | 24 |  |  | 1 | 8 | 15 | 22 |
| Fri |  | 23 | 30 |  | 7 | 14 | 21 | 28 |  | 4 | 11 | 18 | 25 |  |  | 2 | 9 | 16 |  |

Dairy Free and Wheat/Gluten Free options of the menu are always available.

