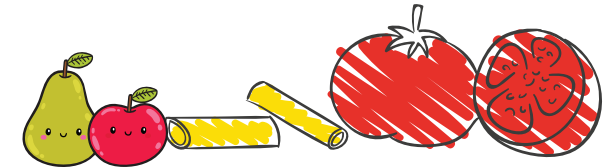
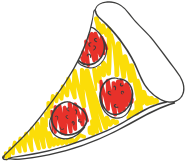



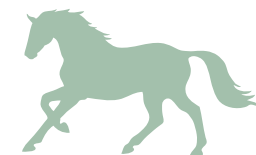
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MENU - WEEK 1

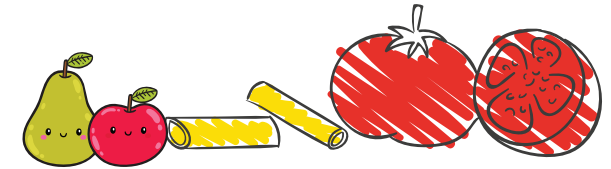
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Choice of Cereals/Porridge/Toast/Fresh/Dried Fruit/Milk/Water.				
Lunch 	Pasta Bolognese Sweetcorn Grated Cheese Petit Filous	Courgette & Pea Risotto Banana	Roast Pork Roast Potatoes Sliced Carrots Gravy Fruit Crumble	Chicken Tikka Masala Turmeric Rice Apple 1/2	Fish Fingers Homemade Chipped Potatoes Peas Fruit Salad
Tea 	Sandwich Platter Apples & Pear	Bacon & Cheese Puff Carrot & Cucumber Sticks Fruit Platter	Filled Flat Bread Sliced Melon	Cous Cous Salad Fruit Platter	Cherry Tomato Mini Tartlet Flapjack

Please call 01980 322 322 or email:
stacey.willette@norman-court.org

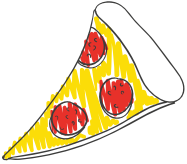



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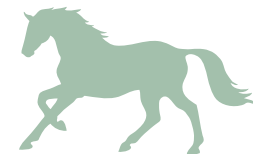
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MENU - WEEK 2

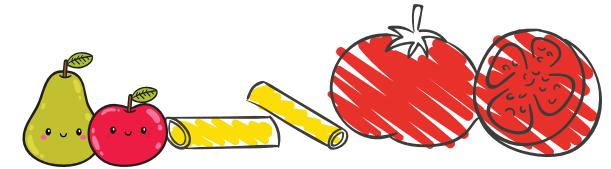
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Choice of Cereals/Porridge/Toast/Fresh/Dried Fruit/Milk/Water.				
Lunch 	Lightly Spiced Chilli Beef Rice Pineapple	Pork Meatballs In a Tomato Sauce with Spaghetti Fruit Yogurt	Roast Chicken Roasted Potatoes Broccoli Gravy Bananas and Custard	Vegetable Lasagne Garlic Bread Salad Apricot Flapjack	Homemade Pizza Potato Wedges Sweetcorn Sliced Melon
Tea 	Cheese & Tomato Bagel Cucumber Wedges Fruit Platter	Savoury Buttered Scone Fresh Fruit Salad	Mixed Crudities Homemade Bread & Mini Sausages Fruit Wedges	Mixed Sandwich Platter Sliced Fruit	Bacon & Spring Onion Scrolls Fruit Platter

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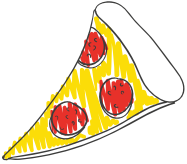



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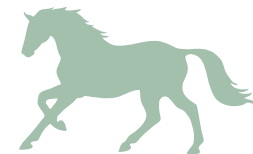
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MENU - WEEK 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Choice of Cereals/Porridge/Toast/Fresh/Dried Fruit/Milk/Water.				
Lunch 	Macaroni Cheese Broccoli Fruit Salad	Fajita Spiced Chicken with Grated Carrot Peppers & Onions Fruit Salad	Roast Gammon Roasted Potatoes Baton Carrots Gravy Rice Pudding with Oranges	Hoi Sin Beef & Vegetables With Noodles Eton Mess	Breaded Chicken Sliced Potatoes Baked Beans Jam Bun
Tea 	Beans On Toast Sliced Fruit	Homemade Sausage Roll Fruit Platter	Cheese & Onion Quiche Fruit	Filled Tortilla Wraps Mandarins	Tomato & Basil Pinwheels Fruit Platter

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