











# BREAKFAST

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Cheerios , Weetabix , Rice Crispies, Bran flakes Porridge Pot				
Hot Counter	Bacon Scrambled Egg Baked Beans	Hash Browns Fried Eggs Baked Beans	Pork Sausage Poached Egg Baked Beans	Hash Browns Fried Eggs Baked Beans	Pork Sausage Scrambled Egg Baked Beans
Pastries Item	Croissant	Savory Cheese Muffin	Pan au Chocolate	Croissant	Pan au Chocolate
Smoothie	Mixed Berries	Peach and Yogurt	Strawberry and Banana	Orange and Pineapple	Apple and Mint
Toasted Items (all served with a selection of jams & spreads)	50/50 Toast	Toasted Crumpets	Toasted English Muffin	Multi - Seeded Bagel	50/50 Toast






# LUNCH

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	Freshly made soup with croutons & seeds				
<b>Main 1</b>	Hoi Sin Pulled Chicken 	Beef Chilli Con Carne 	Roast Turkey 	Butter Chicken Curry 	Baked fish fingers Lemon wedge Tartar sauce
<b>Main 2</b>	Sweet Chilli Vegetable Stir Fry	Mexican Mixed Bean Chilli	Cream Cheese & Spinach Stuffed Mushroom	Sweet Potato Chickpea & Kale Saag aloo	Spinach, Butternut & Feta Filo Pie 
<b>On the side</b>	Steamed Noodles Soy and ginger stir fried vegetables Green beans	Steamed Lime & Coriander Rice Sweetcorn and Red Pepper Sour cream salsa	Roasted potatoes Peas Roasted carrots	Pilau rice Roasted Curried Cauliflower Popadom and dips	Chips Baked beans Peas
<b>Jacket &amp; pasta</b>	Jacket Potato Baked Beans Grated Cheese Tuna Mayo	50/50 Pasta Rich Chunky Tomato Sauce Grated Cheese	Jacket Potato Baked Beans Grated Cheese Tuna Mayo	50/50 Pasta Ratatouille Grated cheese	Jacket Potato Baked Beans Grated cheese Tuna Mayo
<b>Salad bar</b>	Daily selection of simple & complex salads, protein items, dressings & toppings				
<b>Dessert</b>	Peach & Apricot Crumble with Custard Yoghurt & fruit	Yoghurt, jelly & fruit	Strawberry Cheesecake Yoghurt, jelly & fruit	Yoghurt, jelly & fruit	Iced Toffee Sponge Yoghurt, Jelly & fruit

# LUNCH

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Freshly made soup with croutons & seeds				
Main 1	Chicken Shawarma Flat Bread	Roast Pork loin with Gravy 	Chicken and Apricot Tagine 	Beef Meatballs in Tomato Sauce 	PIZZA DAY  Selection of Topped Pizza's
Main 2	Hasselback Spiced Squash with Feta & mint oil 	Cauliflower Cheese with Roasted Cherry Tomatoes	Sweetcorn and Chilli Fritters	Spiced Halloumi & Roasted Peppers	
On the side	Cucumber and Mint Cous Cous Steamed Kale Red cabbage slaw	Roasted Skin on Potatoes Steamed carrots Broccoli florets	Steamed Rice Roasted Courgette Garden Peas	50/50 pasta Roasted Pesto squash Broccoli Garlic bread	Wedges Baked beans Sweetcorn
Jacket & pasta	50 /50 pasta Red pepper & tomato sauce Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 Pasta Cheese sauce	Jacket potato Baked beans Grated cheddar Tuna mayo	50/50 Pasta  Tomato & basil sauce Grated cheese
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Boost it Chocolate brownie yoghurt and fruit	Yoghurt, jelly & fruit	Lemon Drizzle cake yoghurt, jelly & fruit	Yoghurt, jelly & fruit	Meringue & Fresh Fruit Salad jelly & fruit

# LUNCH

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Freshly made soup with croutons & seeds				
Main 1	Chicken and Spinach Lasagne 	Roast Chicken with gravy 	Honey glazed Pork Sausages	<b>Taste Tourists</b> Visit for your favourite food from around the continents	Battered Baked Cod
Main 2	Four Cheese Tortellini	Aubergine Parmigiana with Crumbled Feta	Quorn Sausages with Gravy	Summer Vegetable Quiche 	Pan Fried Sweet Potato & Crushed Pea Cake 
On the side	Diced Potatoes Sweetcorn Broccoli	Roasted Potatoes Green beans Roasted Chunky Carrots	Mash Potato Boston beans Peas	Suitable accompaniment for the country you are visiting	Skinny Fries Baked beans Mushy Peas
Jacket & pasta	Jacket potato Baked beans Grated cheese Tuna mayo	50 /50 Pasta Tomato Sauce Grated Cheese	Jacket potato Baked beans Grated cheese Tuna Mayo 	50/50 pasta Pesto Grated Cheese	Jacket potato Baked beans Grated Cheese Tuna mayo
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Boost it shortbread Yoghurt, fruit & jelly	Yoghurt, jelly & fruit	Assorted cookies yoghurt, fruit & Jelly	Yoghurt, jelly & fruit	Ice cream Yoghurt, fruit & jelly



# SUPPER

TEA REX	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 1	Pesto and Cheese Pasta Bake Garlic Bread Sweetcorn	Green Chicken Thai Curry Or Veg Thai Curry Steamed Rice Green Beans	Pulled Pork Bao Bun Or BBQ Jackfruit Cesare Salad Loaded Skins	Mini Chicken Burgers Or Crispy Veggie Burger Baked Wedges Green Beans	Mixed Sandwichs Fresh Crudites Crisp
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Fruit Shortbread Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter	Oaty Flapjack Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter

# SUPPER

	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 2	Spiced Ham Bean Burrito Or Veggie Burrito Steamed Rice Sweetcorn	Chicken Katsu Curry Or Breaded Butternut Steamed Rice Corn	Creamy Sausage Pasta Mixed Vegetables Garlic Bread	Fish Finger Fries Peas	Baked Beans or Spaghetti Hoops Toast Platters of Ham & Cheese
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Vanilla Cupcakes Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter	Rice Crispy Cake Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter

# SUPPER

	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 3	Pork Sausage Rolls Or Vegan Sausage roll Beans Mash Potato	Mac 'n' Cheese Peas Garlic Flat Bread	Sweet and Sour Chicken Steamed Noodles Sweetcorn	Cheese & Tomato Pizza Diced Potato's Chopped Salad	Toasted Cheese or Ham Sandwich Baked Beans
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Rookie' Road Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter	Blondie Fresh Fruit	Fresh Yoghurt /Jelly Fruit Platter