

# BREAKFAST

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Selection of Hot Drinks Selection of Chilled Juices	Selection of Hot Drinks Selection of Chilled Juices	Selection of Hot Drinks Selection of Chilled Juices	Selection of Hot Drinks Selection of Chilled Juices	Selection of Hot Drinks Selection of Chilled Juices	Selection of Hot Drinks Selection of Hot Juices	Selection of Hot Drinks Selection of Juices
<b>HOT ITEMS</b>	Boiled Eggs Baked Beans	Boiled Eggs Baked Beans	Boiled Eggs Baked Beans	Boiled Eggs Baked Beans	Boiled Eggs Baked Beans	Boiled Eggs Baked Beans	Boiled Eggs Baked Beans
<b>DAILY SPECIAL</b>	Pork Sausage Wraps With Tomato Sauce	Bacon Fried Eggs	Omelette's to Order	Ham and Cheese Toastie	Croissants	Bacon and Egg Muffins Hash Browns	Full English Breakfast
<b>DAILY BREAKFAST ITEMS</b>	Porridge with Topping Selection of Cereal Selection of Toast / Crumpets Preserves Yoghurts with Toppings	Porridge with Topping Selection of Cereal Selection of Toast / Crumpets Preserves Yoghurts with Toppings	Porridge with Topping Selection of Cereal Selection of Toast / Crumpets Preserves Yoghurts with Toppings	Porridge with Topping Selection of Cereal Selection of Toast / Crumpets Preserves Yoghurts with Toppings	Porridge with Topping Selection of Cereal Selection of Toast / Crumpets Preserves Yoghurts with Toppings	Porridge with Topping Selection of Cereal Selection of Toast / Crumpets Preserves Yoghurts with Toppings	Porridge with Topping Selection of Cereal Selection of Toast / Crumpets Preserves Yoghurts with Toppings
<b>FRUIT</b>	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit

# LUNCH

## Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOMEMADE BREAD</b>	Homemade 50/50 Bread	Homemade Tiger Bread	Garlic Bread	Poppy Seed Bread	Focaccia Bread	=====	=====
<b>MAIN MEAL</b>	Beef Lasagne Garlic Bread Fresh Broccoli Hand Cut Carrots Herby New Potatoes	Assorted Pizzas Sweetcorn Fresh Courgettes New Potatoes	Lemon and Thyme Roasted Chicken Fresh Carrots Garden Peas Greek Potatoes	Pasta Bar (Selection of meat sauces) Fresh Broccoli Sweetcorn Minted New Potatoes	Fish and Chip Shop Lunch (Traditional Chips) Garden Peas Baked Beans Fresh Fish Special	Southern Fried Chicken Wraps Sauté Potatoes Crisp Mixed Salad	Panini Selection Crisps Fresh Fruit Home Made Cake
<b>MEAT FREE</b>	Gnocchi served with Tomato Sauce Topped with Cheese	Spring Vegetable Curry Steamed Rice	Mushroom and Herb Risotto	Falafel Balls in a Rich Tomato Sauce	Mac 'n' Cheese with a crunchy topping	Spicy Vegetable and Bean Wrap	Panini Selection
<b>BAKED POTATO BAR</b>	Baked Potatoes Sweet Potatoes Beans or Mushroom and Pepper Stroganoff	Baked Potatoes Sweet Potatoes Beans or Chilli Beef	Baked Potatoes Sweet Potatoes Beans or Chicken Curry	Baked potatoes Sweet Potatoes Beans or Rarebit Sauce	Baked Potatoes Sweet Potatoes	=====	=====
<b>PASTA BAR</b>	50/50 Pasta Tomato Sauce	50/50 Pasta Tomato and Basil Sauce	50/50 Pasta Spicy Arabiata Sauce	50/50 Pasta Tomato Sauce	50/50 Pasta Tomato and Basil Sauce	=====	=====
<b>HOT PUDDING</b>	Double Chocolate Sponge Chocolate Sauce	Rice Pudding Fruit Compote	Bakewell Tart Custard	Apple Crumble Custard	=====	=====	=====
<b>COLD PUDDING</b>	Chocolate Mousse Cut Fruit Yoghurt with Toppings	Banoffee Pie Cut Fruit Yoghurt with Toppings	Tiramisu Cut Fruit Yoghurt with Toppings	Lemon Cheesecake Cut Fruit Yoghurt with Toppings	Selection of Ice Cream Fruit Jelly Cut Fruit Yoghurt with Toppings	Selection of Yoghurts and Fresh Fruit	=====

# SUPPER

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE ONE</b>	Roast Pork Sage and Onion Stuffing Roast Potatoes Spring Greens Gravy	Homemade Fish Cakes Chips Beans Garden Peas	BBQ  Burger in a Bun Pork Sausage in a Roll Sauté Onions Selection of Sauces	Chicken and Chorizo Paella  Garden Peas	Katsu Chicken Curry Steamed Rice Garlic Naan	Hot Dog Bar Fries Crisp Mixed Salad	Chicken Kiev Buttered New Potatoes Fresh Carrots Garden Peas
<b>MAIN COURSE TWO</b>	Baguette Bar	Build your own Salad Bar		Soup and Sandwich Bar (Tomato Soup)	=====	=====	=====
<b>VEGETARIAN</b>	Stuffed Red Pepper	Crispy Quorn Nuggets Sweet and Sour Sauce	Vegetarian Kebabs Grilled Haloumi	Vegetable Chilli and Rice	Vegetable and Bean Wraps	Quorn Hot Dogs	Cheese and Onion Pasty
<b>ON THE SIDE</b>	Apple Sauce	Tartare Sauce Tomato Sauce	Selection of Salads	Garlic Bread	Sour Cream Guacamole Jalapeno Peppers Crisp Mixed Salad	Cheese Fried Onions American Mustard Tomato Sauce	=====
<b>DESSERT</b>	Ice Cream	Assorted Mousse	Selection of Ice Cream and Lollies	Jam Doughnuts	Home Made Cookies	Home Made Muffin	Ice Cream
<b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>							