

BREAKFAST

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	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 Chilled Juices	Selection of Hot Drinks Selection of Chilled Juices
HOT ITEMS	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
DAILY SPECIAL	Pork Sausage Warm Baguette	Scrambled Eggs Grilled Tomatoes	Spaghetti Hoops Hash Browns Fried Bread	Grilled Bacon Fried Eggs	Ham and Cheese Mini Omelette	Bacon and Egg Breakfast Muffin	Full English Breakfast
DAILY BREAKFAST ITEMS	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
FRUIT	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit

LUNCH

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAD	Homemade 50/50 Bread	Homemade Tiger Bread	Garlic Bread	Poppy Seed Bread	Focaccia Bread	=====	=====
MAIN MEAL	Spaghetti Bolognaise Green Beans Hand Cut Carrots Minted New Potatoes Parmesan Cheese	Chicken, Leek and Sweetcorn Pie Fresh Broccoli Fresh Cauliflower Rustic Roast Potatoes	Teriyaki Pork Stir Fry Egg Noodles Stir Fried Vegetables Prawn Crackers	Minced Beef Tacos Mexican Rice Sweetcorn Fresh Courgettes Spiced New Potatoes	Fish and Chip Shop Lunch (Thin Chips) Mushy Peas Baked Beans Fresh Fish Special	Southern Fried Chicken Wrap Jacket Wedges Crisp Mixed Salad Dips	Assorted Pizzas to take away
MEAT FREE	Stuffed Jacket Skins	Stuffed Field Mushrooms	Vegetarian Lasagne	Vegan Vegetable Stir Fry	Vegetarian Spring Rolls Sweet and Sour Sauce	Vegetable Samosas Curry Sauce	Assorted Pizzas to take away
BAKED POTATO BAR	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	=====	=====
PASTA BAR	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	=====	=====
HOT PUDDING	Double Chocolate Sponge with Chocolate Sauce	Raspberry and White Chocolate Bread and Butter Pudding Custard	Jam and Coconut Sponge with Custard	Apple Pie Custard	=====	=====	=====
COLD PUDDING	Lemon Cheesecake Pots Cut Fruit Yoghurt with Toppings	Fruit Jelly Pots Cut Fruit Yoghurt with Toppings	Banana and Custard Pots Cut Fruit Yoghurt with Toppings	Tiramisu Pots Cut Fruit Yoghurt with Toppings	Selection of Ice Cream Fruit Jelly Cut Fruit Yoghurt with Toppings	Selection of Yoghurts and Fresh Fruit	Selection of Yoghurts and Fresh Fruit

SUPPER

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Roast Chicken Sage and Onion Stuffing Rustic Roast Potatoes Spring Greens Gravy	Breaded Fish Chip Shop Chips Baked Beans	BBQ Burger in a Bun Pork Sausage in a Roll Sauté Onions Selection of Sauces	Mac 'n' Cheese Topped with Crispy Bacon Sweetcorn	Chinese Beef with Green Peppers Egg Fried Rice Stir Fried Broccoli	Gammon Steak Pineapple Chips Garden Peas	Chicken New Yorker Sauté Potatoes Corn on the Cob
MAIN COURSE TWO	Baguette Bar	Soup and Sandwich Bar (Tomato Soup)		Chicken Stir Fry Bar	=====	=====	=====
VEGETARIAN	Mac 'n' Cheese	Homemade Cheese and Onion Pasty	Vegetarian Kebabs Grilled Haloumi	Vegetarian Chilli Steamed Rice	Vegetable Chow Mein	Spicy Bean Burger	Mushroom Stroganoff Steamed Rice
ON THE SIDE	=====	Homemade Tartare Sauce Tomato Sauce	Selection of Salads	Garlic Bread Crisp Mixed Salad	Prawn Crackers Sweet Chilli Sauce	Crisp Mixed Salad Tomato Sauce	Crisp Mixed Salad
DESSERT	Ice Cream	Assorted Mousse	Selection of Ice Cream and Lollies	Jam Doughnuts	Home Made Cookies	Home Made Cakes	Ice Cream
SELECTION OF FRESHLY CUT & WHOLE FRUITS							