

BREAKFAST

WEEK ONE / WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
HYDRATION	Fresh juice station Tea, Coffee, Fresh Milk							
CONTINENTAL	Selection of pastries Toast station (selection of breads) spreads and preserves Selection of cereals	Selection of pastries Toast station (selection of breads) spreads and preserves Selection of cereals	Selection of pastries Toast station (selection of breads) spreads and preserves Selection of cereals	Selection of pastries Toast station (selection of breads) spreads and preserves Selection of cereals	Selection of pastries Toast station (selection of breads) spreads and preserves Selection of cereals	Selection of pastries Toast station (selection of breads) spreads and preserves Selection of cereals	Full English Bacon Sausage Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Full English Bacon Sausage Hash browns Baked beans Mushrooms Tomatoes Fried eggs
DAILY SPECIAL	Yoghurt pots, homemade granola and toppings	Yoghurt pots, homemade granola and toppings	Yoghurt pots, homemade granola and toppings	Yoghurt pots, homemade granola and toppings	Yoghurt pots, homemade granola and toppings	Yoghurt pots, homemade granola and toppings	Yoghurt pots, homemade granola and toppings	
DAILY BREAKFAST ITEMS								
FRUIT	Fresh fruit platter							

LUNCH

Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Starter	Soup & freshly baked bread	Antipasti selection	Soup & freshly baked bread	Bruschetta selection	Soup & freshly baked bread	Quiche selection	Soup & freshly baked bread
Main course one	Peking style beef with egg noodles	"Taco Tuesday" Mexican beef mince, jalapenos, sour cream & salsa	Thai green chicken curry with lime leaves	Miso glazed pork collar	MSC certified sustainably sourced battered fish	Slow cooked beef chilli with crispy onions	Chicken legs with Pilpelchuma
Meat free	Katsu Tofu Burger Katsu pickles	Meat free sausages Cheesy Garlic Mash	Fragrant paneer massaman with aubergine & coconut	Korean BBQ Flat mushrooms on flatbread	Mixed bean burrito with salsa & cheddar cheese	"warm Greek salad" Grilled halloumi slow roasted tomatoes Basil dressing Olives	Harissa spiced plant balls with rich tomato sauce Potato gnocchi
Sides	Curry spiced roasted Sweet Potatoes Cauliflower Kimchi Steamed broccoli	Dirty fries Steamed carrots "Streetcorn" Onion gravy	Steamed white rice Green beans Tempura vegetables	Honey & chilli egg noodles Chilli roasted sweetcorn Steamed cabbage & soya beans	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	Sweet potato mash Mediterranean vegetables Charred sweetcorn	Roasted baby potatoes Steamed carrots Red onions & peppers
Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Every day	Salad bar with dressings and toppings Pasta with tomato sauce Fresh fruits, Jelly pots, Yoghurt pots and dessert pots						

LUNCH

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Starter	Soup & fresh baked bread	Antipasta selection	Soup & freshly baked bread	Bruschetta selection	Soup & freshly baked bread	Quiche selection	Soup & freshly baked bread
Main course one	Pepperoni Pizza	Slow roast chicken leg with tomato salsa	Classic beef lasagne with garlic herb crumb	Chicken Laksa	MSC certified sustainably sourced breaded fish	Chicken Fajitas sour cream & salsa	Prawn and chorizo paella
Meat free	Margarita pizza	Hot honey halloumi, taco, avocado & salsa	Roasted vegetable lasagne with garlic herb crumb	Vegetable Laksa	Thai green vegetable curry with coconut	Vegetable fajitas sour cream & salsa	Vegetable paella
Sides	Potato Wedges Garlic bread Roasted Peppers and Red onions Carrots	Roasted new potatoes Roasted sweetcorn & peppers Steamed broccoli	Panzanella Salad Mixed Greens Garlic roasted carrots	White Rice Sweetcorn Green beans	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	Tortilla Breads Cajun rice Roasted Mediterranean vegetables Roasted Cauliflower	Patas Bravas Roasted vegetables Crispy sweethearts
Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Every day	Salad bar with dressings and toppings Pasta with tomato sauce Fresh fruits, Jelly pots, Yoghurt pots and dessert pots						

SUPPER

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Starter	Soup & freshly baked bread	Antipasti selection	Soup & freshly baked bread	Bruschetta selection	Soup & freshly baked bread	Quiche selection	Soup & freshly baked bread
Main course	<p><u>Portugal</u></p> <p>Piri Piri chicken legs</p> <p>Nandos Sauce</p>	<p><u>Greek</u></p> <p>Greek Lamb and Lentil Moussakka</p>	Spicy chilli beef	<p><u>BBQ</u></p> <p>Beef Burger</p> <p>Hot dogs</p> <p>Moving mountain burger</p> <p>Veg hot dogs</p>	<p><u>Indian</u></p> <p>Keralan Beef Curry</p>	<p><u>Italian</u></p> <p>Chicken Pasta Bake</p>	<p><u>Traditional Roast</u></p> <p>Roast beef with yorkshire pudding and gravy</p>
Vegetarian	Lemon and Pepper squash with Feta	Roast veg and Lentil Moussakka	Chilli beans	<p>Brentwood burger sauce</p> <p>Brioche buns</p> <p>Brioche hot dog buns</p> <p>Gem lettuce</p> <p>Sliced onions /tomatoes/ pickles</p>	Keralan Vegetable Stew	Roast vegetable pasta bake	Butternut squash and goats cheese wellington
On the side	Tomato rice Roasted sweet corn Roasted peppers	Greek salad Oregano and lemon potato Roasted Courgette	Topped with Sour cream and salsa Jacket Wedges Green beans Sauteed cabbage	<p>Sauces</p> <p>Cajun Wedges</p> <p>Coleslaw</p>	<p>Basmati rice</p> <p>Onion Bhaji</p> <p>Roasted aubergine</p> <p>Steamed Carrot</p>	<p>Garlic Bread</p> <p>Sauteed Greens</p> <p>Roasted Courgette</p>	<p>Roast potatoes</p> <p>Cauliflower cheese</p> <p>Honey roasted parsnips</p>
	Jam & coconut sponge & custard	Orange and polenta cake	Lemon cake & cream	Ice cream	Vermicelli Pudding	Sprinkle cake	Bread and butter pudding
Selection of salads and fresh fruit , jelly Pasta + sauces							

SUPPER

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Starter	Soup & fresh baked bread	Antipasti selection	Soup & freshly baked bread	Bruschetta selection	Soup & freshly baked bread	Quiche selection	Soup & freshly baked bread
Main course	Chicken Ramen Bowl	<u>Chinese</u> Sweet and Sour Pork Sweet and sour chicken (Halal)	<u>Indian</u> Mughlai Chicken Masala	<u>BBQ</u> Beef Burger Hot dogs Moving mountain burger Veg hot dogs	<u>Italian</u> Basil and Parmesan Crumb chicken Home made focaccia	Beef Bolognaise	Slow roasted pork with roasted apples and crackling Grilled Chicken (Halal)
Vegetarian	Crispy Oyster Mushrooms	Sweet and Sour Tofu	Mughlai Paneer	Brentwood burger sauce Brioche buns Brioche hot dog buns	Miso and honey gnocchi, roast mushroom, crispy kale	Quorn Bolognaise	Brie , spinach and tomato quiche
On the side	Selection of noodles Selection of vegetables Tea strained egg	Egg fried rice Prawn cracker Stir fried vegetables	Rice Mango chutney Mint yoghurt Poppadom Spiced Cauliflower Tawa Vegetables	Gem lettuce Sliced onions /tomatoes/ pickles Sauces Cajun Wedges Coleslaw	Garlic butter beans Mac and cheese bites Ratatouile vegetable	Spaghetti Red onion, mushroom , slow roast tomato Roasted squash	Gravy Roasted carrots Sautéed greens
	Apple crumble & cream	Chocolate cake	Rice pudding	Ice cream	Golden syrup sponge & custard	Sticky toffee pudding	Brownie
Selection of salads and fresh fruit , jelly Pasta + sauces							