# Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Breakfast							
Cereals	Cornflakes or Weetabix served with Fresh Milk						
Breads	Toast - white or brown						
Chilled Beverages	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water
Hot Beverages	Freshly Brewed Tea & Coffee	Freshly Brewed Tea & Coffee	Freshly Brewed Tea & Coffee	Freshly Brewed Tea & Coffee	Freshly Brewed Tea & Coffee	Freshly Brewed Tea & Coffee	Freshly Brewed Tea & Coffee
Hot Breakfast	Smoked Back Bacon & Boiled Egg & Sausage		Smoked Back Bacon & Boiled Egg & Sausage		Smoked Back Bacon & Boiled Egg & Sausage		
Yogurts		Assorted yogurts		Assorted yogurts		Assorted yogurts	
Pastries						Pain Au Chocolate	Pain Au Chocolate
Friut	Apple		Satsumas		Bananas		

Dietaries will be catered for ie

Gluten Free Lactose Free Vegan

# Lunch Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Mexican Chilli Con Carne & Rice	Herb Roasted Chicken Leg	Fajita Spiced Beef Meatballs	A Variety of Pizzas including bbq chicken, pepperoni	Deep fried pollock or Grilled Pollock with lemon and tartare sauce	BBQ Chicken Drumstick	Chicken & Vegetable Hotpot
Pasta Station	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of sauces
Accompaniments	Sour cream, Salsa	Saute New Potatoes	Mediterranean Vegetable Cous Cous	Seasoned Wedges	Chips	Roasted New Potatoes	Parsley Potatoes
Vegetables	Mexicorn Corn (Sweetcorn & Peppers)	Roasted Carrots & Parsnips	Seasonal Greens	Steamed Broccoli	Garden Peas	Steamed Country vegetables	Corn on the cob
Salad bar	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber
Sides	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings
Dessert	Chocolate Mousse	Jelly Pots	Whole Fruit	Strawberry Mousse	Chocolate Mousse	Jelly Pots	Whole Fruit
Drinks	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water

### <u>Dinner Week 1</u>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Chicken Chow Mein (Egg Noodles)	Classic Beef Pie	Loaded Beef Burger	BBQ Chicken	Mexican Style Beef Burritos	Sausage & Mash	Roast chicken leg with gravy
Vegetarian Option	Vegetable Chow Mein (Rice Noodles)	Country Vegetable Bake VG	Loaded Veggie Burger	BBQ Meatless Balls	Vegetable & Lentil Tacos VG	Vegetarian Sausage & Mash VG	Roasted Stuffed Peppers VG
Accompaniments	Prawn Crackers	New Potatoes	Skin on Fries	Potato wedges	Savoury Rice	Onion Gravy	Roast New potatoes
Vegetables	Oriental Vegetables	Green beans	Sweetcorn	Glazed Carrots	Charred corn on the cob	Peas & Carrots	Saute Cabbage
Salad bar	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber
Sides	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings
Dessert	Fruit Bowl, Chocolate Mousse, Carrot Cake	Fruit Bowl, Strawberry Mousse, Chocolate Eclairs	Fruit Bowl, Chocolate Mousse, Carrot Cake	Fruit Bowl, Strawberry Mousse, Chocolate Eclairs	Fruit Bowl, Chocolate Mousse, Carrot Cake	Fruit Bowl, Strawberry Mousse, Chocolate Eclairs	Fruit Bowl, Chocolate Mousse, Carrot Cake
Drinks	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water

## <u>Lunch- Week 2</u>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course	Cottage Pie	Chicken Schniztel & Mushroom Sauce	Chicken Gyros in grilled Pitta bread	Aribiata Meatballs & Spaghetti	Deep fried pollock or Grilled Pollock with lemon and tartare sauce	Chicken Tagine	Spaghetti Bolognaise
Vegetarian Option	Lentil & Vegetable Pie VG	Sweet potato Schnitzel & Mushroom Sauce VG	Falafel Gyros in grilled Pitta bread VG	Meatless Balls in Tomato Sauce with Penne Pasta VG	Vegetarian Sausage & Caramilised Onions VG	Vegetable Tagine VG	Meatless Bologanaise or Vegegable Bolognaise VG
Accompaniments	Gravy /Garlic Bread/New Potatoes	Brat Kartoffel	Fries	Peas	French fries	Cous Cous, Yoghurt Dressing	Garlic Bread & Potato Wedges
Vegetables	Saute Savoy Cabbage	Peas	Sweetcorn	Mediterranen Vegetables	Peas	Ratatouille & Cous Cous	Green Beans
Salad bar	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber
Sides	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings	Variety of Dressings
Dessert	Jelly Pots	Whole Fruit	Chocolate Mousse	Jelly Pots	Whole Fruit	Chocolate Mousse	Jelly Pots
Drinks	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water	Selection of Squash and chilled water

#### Dinner Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Loaded Dogs	Beef Chilli Con Carne	Peri Peri Chicken Thigh	Chicken & Leak Pie	Panko Chicken with Sweet Chilli Sauce	Loaded Burger	Roast Chicken leg & Stuffing
Pasta Station	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of meat and vegetarian sauces	Pasta with selection of sauces
Accompaniments	Caramelised Onions, Toppings & Fries	Steamed rice/New Potatoes	Mediterranean Wedges	Creamed Potato / Rice & Sour Cream	Steamed Rice	Fries & Rice	Parmentier Potatoes
Vegetables	Peas	Mexicorn	Saute Cabbage	Roasted Carrots & Parsnips	Asian Slaw	Mediterranean Vegetables	Steamed Green beans
Salad bar	Lettuce, Tomato & Cucumber	Lettuce, Tomato & Cucumber					
Sides	Variety of Dressings	Variety of Dressings					
Dessert	Fruit Bowl,	Strawberry Mousse,	Carrot Cake	Fruit Bowl,	Strawberry Mousse,	Carrot Cake	Fruit Bowl
Drinks	Selection of Squash and chilled water	Selection of Squash and chilled water					

#### Packed breakfast

Pain au Chocolate

Banana - Small

Still water 300ml

Orange juice Carton

#### Packed lunch

Menu 1	Menu 2	Menu 3	Menu 4	
Simply Cheese Sandwich	SImply Ham Sandwich	Simply Chicken Sandwich	Simply Tuna Sandwich	
Still Water 300ml Sports cap				
Fruit	Fruit	Fruit	Fruit	
Seabrooks Ready salted	Seabrooks Ready salted	Seabrooks Ready salted	Seabrooks Ready salted	
Mini Biscuit Pack	Mini Biscuit Pack	Mini Biscuit Pack	Mini Biscuit Pack	