

Breakfast

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Fruit Juice, Hot chocolate, Hydration Station and a choice of Teas and Coffee						
Daily Special	Pancake Bar Crème Fraîche Maple Syrup Mixed Berries	Smoked Salmon & Cream Cheese Bagel	Breakfast Baps	Breakfast Spanish Tortilla with Red Peppers & Basil	Filled Croissant with Cheese or Ham & Plain Croissants	Sausage Bacon Hash Browns Mushrooms Grilled tomatoes Beans Fried Eggs	Sausage Bacon Hash Browns Mushrooms Grilled tomatoes Beans Poached Eggs
Daily Breakfast Items	Overnight Oats – with Fruit & Toppings Selection of Breakfast Cereals Selection of Mini Pastries Yoghurt Station – with Fresh Fruit, Puree's & Toppings Toasting Station – with Bread, Spreads & Preserves	Overnight Oats – with Fruit & Toppings Selection of Breakfast Cereals Selection of Mini Pastries Yoghurt Station – with Fresh Fruit, Puree's & Toppings Toasting Station – with Bread, Spreads & Preserves	Overnight Oats – with Fruit & Toppings Selection of Breakfast Cereals Selection of Mini Pastries Yoghurt Station – with Fresh Fruit, Puree's & Toppings Toasting Station – with Bread, Spreads & Preserves	Overnight Oats – with Fruit & Toppings Selection of Breakfast Cereals Selection of Mini Pastries Yoghurt Station – with Fresh Fruit, Puree's & Toppings Toasting Station – with Bread, Spreads & Preserves	Overnight Oats – with Fruit & Toppings Selection of Breakfast Cereals Selection of Mini Pastries Yoghurt Station – with Fresh Fruit, Puree's & Toppings Toasting Station – with Bread, Spreads & Preserves	Overnight Oats – with Fruit & Toppings Selection of Breakfast Cereals Selection of Mini Pastries Yoghurt Station – with Fresh Fruit, Puree's & Toppings Toasting Station – with Bread, Spreads & Preserves	Overnight Oats – with Fruit & Toppings Selection of Breakfast Cereals Selection of Mini Pastries Yoghurt Station – with Fresh Fruit, Puree's & Toppings Toasting Station – with Bread, Spreads & Preserves
Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit

Breakfast

WeekTwo	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Fruit Juice, Hot chocolate, Hydration Station and a choice of Teas and Coffee						
Daily Special	French Toast with Fruit Compote	Bruschetta with Tomato Salsa & Crushed Avocado	Smoothie Bowls with Homemade Granola	English Muffins Sausage Patty Fried Egg	Cheese & Tomato Filled Croissants	Sausage Bacon Hash Browns Mushrooms Grilled tomatoes Beans Fried Eggs	Sausage Bacon Hash Browns Mushrooms Grilled tomatoes Beans Poached Eggs
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Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit

Lunch

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main	Beef Lasagne Served with Garlic Bread	Chicken Teryaki	Cottage Pie with Pan Gravy	Chicken Tikka Masala Pilau Rice, Poppadum and Raita	Cheeseburger Served in a Bun	Baguette Selection Packed Lunch	Baguette Selection Packed Lunch
Vegetarian Main	Summer Vegetable Lasagne Served with Garlic Bread	Aubergine & Five Bean Teriyaki	Roast Vegetable and Cheddar Cheese Strudel	Chana Massala Pilau Rice, Poppadum and Raita	Vegetable Burger Served in a Bun		
Pasta	Pasta Pesto Sauce	Pasta Arrabiatta Sauce	Pasta Mushroom Sauce	Pasta Tomato & Basil Sauce	Pasta Chef's Special		
On The Side	Chipped Potatoes Garden Peas Cauliflower	Steamed Rice Prawn Crackers Stir Fried Vegetables	Roasted New Potatoes Broccoli Sweetcorn	Onion Bhajis Naan Bread Sesame Green Beans	Potatoes wedges Peas & Carrots Baked Beans		
Salad Bar	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato		
Hot Dessert	Sticky Toffee Pudding & Custard	Coconut & Jam Sponge	Apple Crumble & Cream	Caramel Crispy Bars	Mandarin Cheesecake		
Cut fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit	Cut & Whole Fruit		

Lunch

WeekTwo	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main	Beef Chilli Con Carne	Sweet & Sour Chicken	Roast Bacon Loin Served with Charred Pineapple Salsa	Thai Red Chicken Curry	Battered Fish or Steamed Fish with Tartare Sauce and Lemon	Baguette Selection Packed Lunch	Baguette Selection Packed Lunch
Vegetarian Main	Five Bean Chilli	Sweet & Sour Vegetables & Tofu	Butternut Squash & Spinach Wellington	Thai Red Vegetable Curry	Plant Based Fish Finger Gyros		
Pasta	Pasta Roasted Tomato & Red Pepper	Pasta Creamy Pesto Sauce	Pasta Bolognaise	Pasta Creamy Cheese Sauce	Pasta Tomato & Herb		
On The Side	Steamed Rice Nachos Courgette & Sweetcorn	Egg Fried Rice Garden Peas Carrots	Roasted New Potatoes Green Vegetable Medley Gravy	Coconut Rice Spiced Cauliflower Prawn Crackers Bok Choi	Chunky Chips Mushy Peas Garden Peas Baked Beans		
Salad Bar	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato		
Hot Dessert	Chocolate Brownie with Cream	Cranberry & Orange Flapjack	Home Made Jam Tart with Custard	Winter Fruit Crumble with Cream	Bread & Butter Pudding with Custard		
Cut fruit	Cut Fruit & Jelly	Cut Fruit & Jelly	Cut Fruit & Jelly	Cut Fruit & Jelly	Cut Fruit & Jelly		

Supper

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tomato Soup	Cauliflower & Chive	Carrot Soup	Diced Vegetable Broth	Minestrone	Pea Soup	Potato, Celery & Cheddar
Main	Pork and Leek Sausages with Onion Gravy	Lamb Keema Shawarma	Pork, Ginger & Spring Onion Stir Fry	Salmon Fishcake with Lemon and Dill Mayonnaise	<u>Pizza Bar</u> Pepperoni or Margherita	Meatball Marinara Sub With Cheese	Roast Turkey Breast with Sage and Onion Stuffing
Vegetarian Main	Sweet Potato & Chickpea Crock Pot	Marinated Shredded Vegetable Shawarma	Tofu & Black Bean Sauce	Spinach, Mushroom, Feta, Filo pastry Bake Served with Sundried Tomato Sauce	<u>Pizza Bar</u> Pepperoni or Margherita	Roasted Vegetable and Halloumi Marinara Sub	Roasted Vegetable & Chickpea Turnover
Pasta	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special
On The Side	Mashed Potato Green Beans Sweetcorn	Ras El Hanout Potatoes Roasted Carrot Green Beans	Noodles Prawn Crackers Mange Tout, Baby Corn and Spinach	New Potatoes Broccoli Garlic & Thyme Roasted Tomatoes	Coleslaw Parmentier Potatoes Corn on the Cob	Chipped Potatoes Onion Rings Peas and Sweetcorn	Roasted Potatoes Roasted Carrots Sweetcorn Gravy Peas
	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato
	Eton Mess Pots	Banoffee Cake	Cupcakes	Warm Chocolate Brownie with salted Caramel	Mint Chocolate Mousse Pots	Lemon Drizzle Cake	Steamed Treacle Sponge & Custard

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Soup	Cauliflower & Cheddar	Sweet Potato & lentil	Carrot & Ginger	Cream of Mushroom	Butternut Squash	Beetroot & Parsnip	Cream of White Onion
Main	Pulled Pork in a hotdog roll	Spaghetti Bolognaise	Chicken and Leek Pie	Fruity Lamb Tagine	Mac 'N' Cheese	Jerk Chicken with Caribbean Sauce	Slow Cooked Roast Beef with Yorkshire Pudding
Vegetarian Main	Vegetarian Hot Dogs with Mustard, Ketchup and Fried Onions	Sweet Potato & Spinach Bake	Creamy Mushroom & Sweetcorn Pie	Butternut Squash, Chickpea and Black-Eyed Beans Tagine	Mac 'N' Cheese	Jerk Cauliflower Wings with Caribbean Sauce	Squash, Cauliflower & Spinach Crumble
Pasta	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special	Pasta Chef's Special
On The Side	Potato Wedges Coleslaw Fresh Mixed Salad	Garlic Bread Green Beans Steamed Carrots	Roast Potatoes Cauliflower Peas	Fruity Cous Cous Garden Peas Cajun Corn on the Cob	Bacon lardons Crispy Onions Jalapenos Focaccia	Rice and Peas Broccoli Carrots	Roasted Potatoes Savoy Cabbage Sweetcorn Gravy Peas
	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato	Selection of Vegetables, Salads, Fresh Bread & Pulses & Grains Jacket Potato
	Chocolate & Orange Swiss Roll	Rocky Road	Victoria Sponge	Strawberry Fool with shortbread crumb	Carrot & Coconut Sponge	Chocolate Chip Sponge	Toffee Cheesecake