***Breakfast***

| | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Saturday*** | ***Sunday*** |
|---|---|---|---|---|---|---|---|
| ***Cereals*** | *Choice of Cereal served with Fresh Milk* | *Choice of Cereal served with Fresh Milk* | *Choice of Cereal served with Fresh Milk* | *Choice of Cereal served with Fresh Milk* | *Choice of Cereal served with Fresh Milk* | *Choice of Cereal served with Fresh Milk* | *Choice of Cereal served with Fresh Milk* |
| ***Breads*** | *Toast - white or brown* | *Toast - white or brown* | *Toast - white or brown* | *Toast - white or brown* | *Toast - white or brown* | *Toast - white or brown* | *Toast - white or brown* |
| ***Accompaniments*** | *Assorted Jams & Marmalades* | *Assorted Jams & Marmalades* | *Assorted Jams & Marmalades* | *Assorted Jams & Marmalades* | *Assorted Jams & Marmalades* | *Assorted Jams & Marmalades* | *Assorted Jams & Marmalades* |
| ***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*** | *Tea & Coffee* | *Tea & Coffee* | *Tea & Coffee* | *Tea & Coffee* | *Tea & Coffee* | *Tea & Coffee* | *Tea & Coffee* |

***Lunch Week 1***

| | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Saturday*** | ***Sunday*** |
|---|---|---|---|---|---|---|---|
| ***Main Course*** | *Mexican Chilli Con Carne or Quorn Mince Chill (v) i& Rice* | *Herb Roasted Chicken Leg or Roasted Vegetable Quiche (v)* | *Chicken & Cheddar Tart or Cheese & Onion slice (v)* | *Pizzas, pepperoni & margheritta* | *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 potato* | *Seasoned Wedges* | *Chips* | *Roasted New Potatoes* | *Parsley Potatoes* |
| ***Vegetables*** | *Veg of the day* | *Veg of the day* | *Veg of the day* | *Veg of the day* | *Veg of the day* | *Vegetables of the day* | *Vegetables of the day* |
| ***Salad bar*** | *Lettuce, Tomato & Cucumber + guest salad item* | *Lettuce, Tomato & Cucumber + guest salad item* | *Lettuce, Tomato & Cucumber + guest salad item* | *Lettuce, Tomato & Cucumber + guest salad item* | *Lettuce, Tomato & Cucumber + guest salad item* | *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*** | *Yum yums* | *Strawberry Mousse* | *Assorted Cookies* | *Chocolate Mousse* | *Jelly Pot* | *Strawberry Mousse* | *Chocolate Mousse* |
| ***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 1***

| | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Saturday*** | ***Sunday*** |
|---|---|---|---|---|---|---|---|
| ***Main Course*** | *Chicken Chow Mein (Egg Noodles)* | *Classic Beef Lasagne* | *Loaded Beef Burger* | *BBQ Shredded Chicken* | *Mexican Style Beef Burritos* | *Sausage & Mash* | *Roast chicken leg with gravy* |
| ***Vegetarian Option*** | *Vegetable Chow Mein (Rice Noodles)* | *Meatless Lasagne (Vg)* | *Loaded Veggie Burger* | *BBQ Meatless Balls* | *Vegetable Borrito (v)* | *Vegetarian Sausage & Mash (v)* | *Marinated No-Chicken VG* |
| ***Vegetables*** | *Oriental Vegetables* | *Green beans* | *Onion rings* | *Glazed Carrots* | *Charred corn on the cob* | *Peas & Carrots* | *Saute Cabbage* |
| ***Accompaniments*** | *Prawn Crackers* | *Garlic Bread* | *Fries* | *Rice* | *Salsa & Sour Cream* | *Onion Gravy* | *Roast New potatoes* |
| | *Bread* | *Bread* | *Bread* | *Bread* | *Bread* | *Bread* | *Bread* |
| ***Salad bar*** | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* |
| ***Salad bar*** | *Variety of Dressings* | *Variety of Dressings* | *Variety of Dressings* | *Variety of Dressings* | *Variety of Dressings* | *Variety of Dressings* | *Variety of Dressings* |
| ***Dessert*** | *Cookies* | *Lemon drizzle Cake* | *Jam Dougnut* | *Chocolate Brownie* | *Apple crumble & Custard* | *Chocolate Eclairs* | *Ice Cream* |
| ***Fruit*** | *Fresh Fruit* | *Fresh Fruit* | *Fresh Fruit* | *Fresh Fruit* | *Fresh Fruit* | *Fresh Fruit* | *Fresh 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* |

***Lunch Week 2***

| | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Saturday*** | ***Sunday*** |
|---|---|---|---|---|---|---|---|
| ***Main Course*** | *Loaded Dogs - Veg & Vegan included* | *Beef Chilli Con Carne (H) / Vegan Option available* | *Southern Fried Quorn Escalope (Vg)* | *Chicken & Sweetcorn (H) or Ham & Cheese ciabatta* | *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* |
| ***Vegetables*** | *Coleslaw* | *Mexicorn* | *Roasted Carrots & Parsnips* | *Steamed Vegetables* | *Asian Slaw* | *Mediterranean Vegetables* | *Steamed Green beans* |
| ***Accompaniments*** | *Caramelised Onions, Toppings & Fries* | *Steamed rice/New Potatoes* | *Creamed Potato / Rice & Sour Cream* | *Mediterean Wedges* | *Steamed Rice* | *Fries & Rice* | *Parmentier Potatoes* |
| ***Salad bar*** | *Lettuce, Tomato & Cucumber* | *Lettuce, Tomato & Cucumber* | *Lettuce, Tomato & Cucumber* | *Lettuce, Tomato & Cucumber* | *Lettuce, Tomato & Cucumber* | *Lettuce, Tomato & Cucumber* | *Lettuce, Tomato & Cucumber* |
| ***Salad Bar Sides*** | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* | *Variety of Dressings* | *Variety of Dressings* |
| ***Dessert*** | *Chocolate Mousse* | *Sugared Ring Doughnut* | *Profiteroles* | *Ice Cream Tub* | *Yum Yum* | *Strawberry Mousse* | *Chocolate Mousse* |
| ***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*** | *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 (v)* | *Falafel Gyros in grilled Pitta bread (v)* | *Meatless Balls in Tomato Sauce with Penne Pasta (Vg)* | *Vegetarian Sausage & Caramilised Onions (v)* | *Vegetable Tagine (Vg)* | *Meatless Bologanaise or Vegegable Bolognaise (Vg)* |
| ***Sides*** | *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* |
| ***Accompaniments*** | *Petit Pain* | *Petit Pain* | *Petit Pain* | *Petit Pain* | *Petit Pain* | *Petit Pain* | *Petit Pain* |
| ***Salad bar*** | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* | *Lettuce, Tomato & Cucumber + (guest salad)* |
| ***Salad Bar Sides*** | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* | *Variety of Dressings/ Croutons* |
| ***Dessert*** | *Cookies* | *Flavoured cup cake* | *Eclaires* | *Chocolate Brownie* | *Mini muffins* | *Millionaires Shortbread* | *Ice Cream* |
| ***Friut*** | *Fresh Fruit* | *Fresh Fruit* | *Fresh Fruit* | *Fresh Fruit* | *Fresh Fruit* | *Fresh Fruit* | *Fresh 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* |

**PACKED BREAKFAST**

| | | | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|---|---|
| **Pain au Chocolate** | | | | | | | | | |
| **Banana - Small** | | | | | | | | | |
| **Still water 500ml** | | | | | | | | | |
| **Radnor Orange/Tropical juice Carton** | | | | | | | | | |
| | | | | | | | | | |

**PACKED LUNCH- HOMEMADE SANDWICH**

| Items | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |
| **Menu 1** | | | | | | | | | |
| Cheese Baguette | | | | | | | | | |
| Still Water 500ml | | | | | | | | | |
| Fruit | | | | | | | | | |
| Seabrooks Ready salted | | | | | | | | | |
| Mini Biscuit Pack | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

| Items | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |
| **Menu 2** | | | | | | | | | |
| Ham Baguette | | | | | | | | | |
| Still Water 500ml | | | | | | | | | |
| Fruit | | | | | | | | | |
| Seabrooks Ready salted | | | | | | | | | |
| Mini Biscuit Pack | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

| Items | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |
| **Menu 3** | | | | | | | | | |
| Chicken Baguette | | | | | | | | | |
| Still Water 500ml | | | | | | | | | |
| Fruit | | | | | | | | | |
| Seabrooks Ready salted | | | | | | | | | |
| Mini Biscuit Pack | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

| Items | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |
| **Menu 4** | | | | | | | | | |
| Tuna Baguette | | | | | | | | | |
| Still Water 500ml | | | | | | | | | |
| Fruit | | | | | | | | | |
| Seabrooks Ready salted | | | | | | | | | |
| Mini Biscuit Pack | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |