

# BREAKFAST

| Week 1                       | MONDAY                                                                                                  | TUESDAY                                                                                                 | WEDNESDAY                                                                                               | THURSDAY                                                                                                      | FRIDAY                                                                                                  | SATURDAY                                                                                                | SUNDAY                                                                                                  |
|------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>HOT ITEMS</b>             | French Crepes<br>Fresh banana<br>Chocolate sauce                                                        | Pork sausages<br>Grilled tomatoes<br>Hash Browns                                                        | Scrambled eggs<br>Smoked salmon                                                                         | Grilled bacon<br>Mushrooms<br>Fried eggs<br>Black pudding                                                     | Continental breakfast<br>Croissants, sliced ham,<br>sliced cheese                                       | Sausage and egg muffin                                                                                  | English breakfast                                                                                       |
| <b>DAILY SPECIAL</b>         | Smoothie bowl                                                                                           | ---                                                                                                     | Overnight oats                                                                                          | ---                                                                                                           | Smoothie bowl                                                                                           | ---                                                                                                     | ---                                                                                                     |
| <b>DAILY BREAKFAST ITEMS</b> | Boiled eggs<br>Baked beans<br>Selection of cereal<br>Selection of brown<br>and white toast<br>Preserves | Boiled eggs<br>Baked beans<br>Selection of cereal<br>Selection of brown<br>and white toast<br>Preserves | Boiled eggs<br>Baked beans<br>Selection of cereal<br>Selection of brown<br>and white toast<br>Preserves | Boiled eggs<br>Baked beans<br>Selection of<br>cereal<br>Selection of<br>brown and white<br>toast<br>Preserves | Boiled eggs<br>Baked beans<br>Selection of cereal<br>Selection of brown<br>and white toast<br>Preserves | Boiled eggs<br>Baked beans<br>Selection of cereal<br>Selection of brown<br>and white toast<br>Preserves | Boiled eggs<br>Baked beans<br>Selection of cereal<br>Selection of brown<br>and white toast<br>Preserves |
| <b>FRUIT</b>                 | Fresh fruit<br>Cut fruit                                                                                | Fresh fruit<br>Cut fruit                                                                                | Fresh fruit<br>Cut fruit                                                                                | Fresh fruit<br>Cut fruit                                                                                      | Fresh fruit<br>Cut fruit                                                                                | Fresh fruit<br>Cut fruit                                                                                | Fresh fruit<br>Cut fruit                                                                                |
| <b>HYDRATION</b>             | Tea, coffee, hot<br>chocolate, fruit juice                                                              | Tea, coffee, hot<br>chocolate, fruit juice                                                              | Tea, coffee, hot<br>chocolate, fruit juice                                                              | Tea, coffee, hot<br>chocolate, fruit juice                                                                    | Tea, coffee, hot<br>chocolate, fruit juice                                                              | Tea, coffee, hot<br>chocolate, fruit juice                                                              | Tea, coffee, hot<br>chocolate, fruit juice                                                              |

# LUNCH

| Week 1                  | MONDAY                                                                | TUESDAY                                                                            | WEDNESDAY                                                                     | THURSDAY                                                                                          | FRIDAY                                                                                                                 | SATURDAY                                 | SUNDAY        |
|-------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------|---------------|
| <b>CLASSIC</b>          | Beef tortilla bake                                                    | Chicken jalfrezi curry served with rice                                            | Smoked sausage hot dog served with sauté onions                               | Garlic herb roasted chicken                                                                       | Battered fillet of fish served with lemon and tartare sauce<br>Fresh fish special<br>Cod fish fingers<br>Pork sausages | Southern fried chicken and salad<br>Wrap | Pizza to go   |
| <b>NOURISH</b>          | Quorn sausage and creamy mashed potato with onion gravy               | Aubergine, lentil and tomato moussaka                                              | Spicy bean burger in a toasted brioche bun, with cheddar cheese               | Chickpea and vegetable tikka masala<br>Steamed rice                                               | Veggie spring rolls<br>Sweet and sour sauce                                                                            | Haloumi and salad wrap                   | Pizza to go   |
| <b>STREET EATS</b>      | ===                                                                   | Selection of freshly prepared wraps and rolls                                      | ===                                                                           | Selection of freshly prepared wraps and rolls                                                     | ===                                                                                                                    | ===                                      | ===           |
| <b>SIDES</b>            | Hand cut carrots<br>Spring greens<br>Guacamole<br>Sour Cream          | Fresh cauliflower<br>Spinach<br>Mango chutney<br>Nann bread<br>Assorted condiments | French fries<br>Corn on the cob<br>Boston beans                               | Rustic roast potatoes<br>Sage and onion stuffing<br>Hand cut carrots<br>Fresh courgettes<br>Gravy | Chips<br>Mushy peas<br>Garden peas<br>Baked beans                                                                      | Oven baked potato wedges                 | ===           |
| <b>JACKET/PASTA BAR</b> | Pasta, tomato sauce<br>Baked potatoes, beans<br>Veggie chilli topping | Pasta, tomato sauce<br>Baked potatoes, beans<br>Beef bolognese topping             | Pasta, tomato sauce<br>Baked potatoes, beans<br>Bacon and spicy beans topping | Pasta, tomato sauce<br>Baked potatoes, beans<br>Chicken curry topping                             | Pasta, tomato sauce                                                                                                    | ===                                      | ===           |
| <b>DESSERT</b>          | Chocolate brownie                                                     | Lemon drizzle cake                                                                 | Classic tiramisu made with mascarpone                                         | Steamed syrup sponge, served with custard                                                         | Fruit jelly<br>Selection of ice creams                                                                                 | Home baked chocolate cookies             | Oaty flapjack |
| <b>EVERY DAY</b>        | <b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>                    |                                                                                    |                                                                               |                                                                                                   |                                                                                                                        |                                          |               |

# SUPPER

Week 1

|             | MONDAY                                                                     | TUESDAY                                                       | WEDNESDAY                               | THURSDAY                                        | FRIDAY                                                          | SATURDAY                                  | SUNDAY                                         |
|-------------|----------------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------|-------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------|------------------------------------------------|
| CLASSIC     | Grilled Portuguese style piri piri chicken thighs served with chilli sauce | Classic beef lasagne made with cheese sauce and rich tomatoes | BBQ                                     | Assorted pizza (Pepperoni, Hawaiian, margarita) | Chinese chicken curry                                           | Singapore pork noodles                    | Roast chicken With all the trimmings           |
| NOURISH     | Mushroom stroganoff<br>Steamed rice                                        | Penne Arrabiata (Tomato, Chilli & Herb Sauce)                 | BBQ                                     | Assorted pizza (Pepperoni, Hawaiian, margarita) | Vegetable Samosas                                               | Quorn stir fry                            | Stuffed mushrooms                              |
| STREET EATS | Fish finger wraps                                                          | Baguette bar                                                  | BBQ                                     | Hong Kong chicken wings                         | ===                                                             | ===                                       | ===                                            |
| SIDES       | Savoury rice<br>Garden peas<br>Crisp mixed salad                           | Crisp mixed salad<br><br>Garlic bread<br><br>Sweet corn       | Selection of salads<br>Hot new potatoes | Baked potato wedges                             | Egg fried rice<br><br>Prawn crackers<br><br>Stir fried broccoli | Stir fried broccoli<br><br>Prawn crackers | Roast potatoes<br>Fresh carrots<br>Garden peas |
| DESSERT     | ===                                                                        | Jam doughnuts                                                 | Lollies/ ice cream                      | Muffins                                         | ===                                                             | Lollies/ ice cream                        | Apple crumble<br>Custard                       |
| EVERY DAY   | SELECTION OF FRESHLY CUT & WHOLE FRUITS                                    |                                                               |                                         |                                                 |                                                                 |                                           |                                                |