

BREAKFAST

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Belgian waffles Selection of toppings	Grilled bacon Potato waffles Grilled tomato Black pudding	Pork sausage wrap Sauté potatoes	Ham and cheese omelettes Hash browns	Continental breakfast Croissants, sliced ham, sliced cheese	Arturs breakfast wrap	English breakfast
DAILY SPECIAL	Smoothie bowl	===	Overnight oats	===	Smoothie bowl	===	===
DAILY BREAKFAST ITEMS	Boiled eggs Baked beans Selection of cereal Selection of brown and white toast Preserves	Boiled eggs Baked beans Selection of cereal Selection of brown and white toast Preserves	Boiled eggs Baked beans Selection of cereal Selection of brown and white toast Preserves	Boiled eggs Baked beans Selection of cereal Selection of brown and white toast Preserves	Boiled eggs Baked beans Selection of cereal Selection of brown and white toast Preserves	Boiled eggs Baked beans Selection of cereal Selection of brown and white toast Preserves	Boiled eggs Baked beans Selection of cereal Selection of brown and white toast Preserves
FRUIT	Fresh fruit Cut fruit	Fresh fruit Cut fruit	Fresh fruit Cut fruit	Fresh fruit Cut fruit	Fresh fruit Cut fruit	Fresh fruit Cut fruit	Fresh fruit Cut fruit
HYDRATION	Tea, coffee, hot chocolate, fruit juice	Tea, coffee, hot chocolate, fruit juice	Tea, coffee, hot chocolate, fruit juice	Tea, coffee, hot chocolate, fruit juice	Tea, coffee, hot chocolate, fruit juice	Tea, coffee, hot chocolate, fruit juice	Tea, coffee, hot chocolate, fruit juice

LUNCH

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLASSIC	Lightly spiced beef madras Steamed rice	Pork meatballs Served with tomato sauce Spaghetti	Assorted pizza (Pepperoni, Hawaiian, margarita)	Chicken and chorizo paella Garlic bread	Battered fillet of fish served with lemon and tartare sauce Fresh fish special Cod fish fingers Pork sausages	Selection of paninis	Selection of baguettes to go
NOURISH	Spinach and ricotta cannelloni in a rich tomato sauce	Gnocchi in pesto sauce topped with cheese	Roast Vegetable Lasagne	Chilli sin carne made with fresh peppers and mixed beans	More House Mac n cheese	Selection of paninis	Selection of baguettes to go
STREET EATS	===	Selection of freshly prepared wraps and rolls	===	Selection of freshly prepared wraps and rolls	===	===	===
SIDES	Mango chutney Poppadam's Bombay potatoes Spinach Fresh cauliflower	Minted new potatoes Fresh courgettes Hand cut carrots	Herby potatoes Corn on the cob Green beans	Spanish style new potatoes Ratatouille Fresh broccoli	Chips Mushy peas Garden peas Baked beans	Sauté potatoes Crisp mixed salad	===
JACKET/PASTA BAR	Pasta, tomato sauce Baked potatoes Beans Veggie chilli topping	Pasta, tomato sauce Baked potatoes Beans Beef bolognaise topping	Pasta, tomato sauce Baked potatoes beans Bacon and spicy beans topping	Pasta, tomato sauce Baked potatoes Chicken curry topping	Pasta, tomato sauce	===	===
DESSERT	Apple & Blackberry Crumble Custard	Sticky toffee pudding with caramel sauce	Banoffee Cheesecake	Apple Strudel with cream	Fruit jelly Selection of ice creams	Home made rock cakes	Home made chocolate cake
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						

SUPPER

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLASSIC	Butchers' pork sausages	Beef and beer pie With a short crust top	BBQ	Spaghetti Bolognese	Sweet and sour chicken	Gammon steak Pineapple	BBQ
NOURISH	Glamorgan sausages	Cheese and onion pasty	BBQ	Potato gnocchi or penne with a spicy lentil Arrabbiata sauce and cheese	Tempura vegetables Sweet and sour sauce	Spicy bean bakes	BBQ
STREET EATS	Bao Buns	Baguette bar	BBQ	Spicy Chicken wraps	===	===	===
SIDES	Colcannon Mash Baked beans	Rustic roast potatoes	BBQ	Garlic bread	Egg fried rice Stir fried vegetables	Chips Garden peas	BBQ
DESSERT	===	Jam doughnuts	Lollies/ ice cream	Muffins	===	Chocolate fudge cake	Lollies/ ice cream
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						