

BREAKFAST

| Week 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|--|--|--|--|--|--|--|
| HOT ITEMS | French toast Selection of toppings | Pork sausage Black pudding Sauté mushrooms | Scrambled eggs Smoked salmon Hash browns | Bacon baps | Continental breakfast Croissants, sliced ham, sliced cheese | Eggs benedict | 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 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|---|---|---|--|--|------------------------------|
| CLASSIC | Spaghetti Beef bolognaise sauce Parmesan cheese | Roasted Chicken & red pepper sauce | Selection of beef burgers and cheeseburgers Relishes and sauces | Southern baked chicken thigh coated in our own herb and spice mix | Battered fillet of fish served with lemon and tartare sauce Fresh fish special Cod fish fingers Pork sausages | Home made assorted pizza | Cornish pasties to go |
| NOURISH | Lentil and roasted root bolognaise made with a rich tomato ragu | Cauliflower mac 'n' cheese | Mexican vegetable and bean fajitas | Sweet potato massaman curry served with coconut rice | Summer vegetable frittata | Home made assorted pizza | Cheese and onion pasty to go |
| STREET EATS | === | Selection of freshly prepared wraps and rolls | === | Selection of freshly prepared wraps and rolls | === | === | === |
| SIDES | Minted new potatoes Glazed carrots French beans | Rustic roast potatoes Pan fried courgettes Garden peas | Fries Corn on the cob BBQ beans | Herby new potatoes Green beans Chunky carrots | Chips Mushy peas Garden peas Baked beans | Home made tomato soup 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 | Chocolate sponge Chocolate sauce | Banoffee crumble served with cream | Summer fruit cheesecake | Bread and butter pudding with banana Custard | Fruit jelly Selection of ice creams | Home made chocolate brownie | Home made chocolate cookies |
| EVERY DAY | SELECTION OF FRESHLY CUT & WHOLE FRUITS | | | | | | |

SUPPER

Week 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|---|--|--------------------|-----------------------------|-----------------------------|--------------------|---|
| CLASSIC | Chicken and Leek Pie | Tortilla Bake | BBQ | Beef stir fry | Tandoori Chicken | BBQ | Roast pork Apple sauce Sage and onion stuffing |
| NOURISH | Vegetarian cottage pie | Vegetarian paella | BBQ | Tofu and vegetable stir-fry | Vegetable curry | BBQ | Vegetable Bake |
| STREET EATS | Chicken curry Pilau rice | Lamb kofta flatbreads | BBQ | Baguette bar | === | === | === |
| SIDES | Rustic roast potatoes Garden peas | Oven baked potato wedges Sweet corn | BBQ | Noodles Spring rolls | Steamed rice Curry sauce | BBQ | Rustic roast potatoes Fresh Carrots Garden peas |
| DESSERT | === | Jam doughnuts | Lollies/ ice cream | Muffins | === | Lollies/ ice cream | Apple crumble Custard |
| EVERY DAY | SELECTION OF FRESHLY CUT & WHOLE FRUITS | | | | | | |