

BREAKFAST

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	French Crepes Fresh banana Chocolate sauce	Pork sausages Warm baguette	Savoury French toast Spaghetti hoops	Grilled bacon Mushrooms Fried eggs Black pudding	Continental breakfast Croissants, sliced ham, sliced cheese	Sausage and egg muffin Hash browns	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 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLASSIC	Beef bolognaise Served with spaghetti Grated parmesan cheese	Chinese chicken curry served with steamed rice Mango chutney Nann bread Assorted condiments	Butchers' Cumberland sausages served with sauté onions	Lemon and thyme roasted chicken	Battered fillet of fish served with lemon and tartare sauce Fresh fish special Cod fish fingers Pork sausages	Southern fried chicken and salad Wrap	Pizza to go
NOURISH	Homemade Cheese and onion pasty	Spinach and ricotta cannelloni	Vegetarian sausage toad in the hole	Chickpea and vegetable tikka masala Steamed rice	Veggie spring rolls Sweet and sour sauce	Haloumi and salad wrap	Pizza to go
STREET EATS	===	Selection of freshly prepared wraps and rolls	===	Selection of freshly prepared wraps and rolls	===	===	===
SIDES	Buttered new potatoes Hand cut carrots Green beans	Minted new potatoes Fresh cauliflower Sweetcorn	Mashed potatoes Fresh cabbage Fresh hand cut carrots Gravy	Rustic roast potatoes Sage and onion stuffing Fresh broccoli Roasted root vegetables Gravy	Chips Mushy peas Garden peas Baked beans	Oven baked potato wedges	===
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, beans Chicken curry topping	Pasta, tomato sauce	===	===
DESSERT	Lemon drizzle sponge Custard	Rice pudding Autumn fruit compote	Pear and chocolate crumble Chocolate sauce	Steamed syrup sponge, served with custard	Fruit jelly Selection of ice creams	Home made fresh fruit salad	Oaty flapjack
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						

SUPPER

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLASSIC	Grilled Cajun chicken burger Selection of sauces and toppings	Minced beef cottage pie, with a cheesy topping	Roast pork Sage and onion stuffing Apple sauce Gravy	Assorted pizza (Pepperoni, Hawaiian, margarita)	Sweet and sour chicken balls Stir fried broccoli.	Homemade lamb kebab Pitta bread Selection of sauces	Roast chicken With all the trimmings
NOURISH	Mushroom stroganoff Steamed rice	Vegetarian lentil and bean cottage pie	Caramelised onion and fetta filo parcels	Assorted pizza (Pepperoni, Hawaiian, margarita)	Chinese vegetable dumplings	Quorn and vegetable stir fry Steamed rice	Stuffed peppers
STREET EATS	Ham and cheese sourdough toasties	Baguette bar served with crisps	Hong Kong chicken wings Mixed salad	Mexican beef chilli wrap	===	===	===
SIDES	Fries Crisp mixed salad	Fresh carrots Garden peas Gravy	Roast potatoes Roasted Autumn roots Garden peas	Baked potato wedges Crisp mixed salad	Egg fried rice Prawn crackers	Fries Crisp mixed salad	Roast potatoes Fresh carrots Garden peas
DESSERT	===	Jam doughnuts	===	Muffins	===	Home made cookies	Ice cream selection
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						