

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	Mild beef chilli con carne Steamed rice Sour cream Guacamole	Sticky honey pork stir fry Egg noodles Prawn crackers	Assorted pizza (Pepperoni, Shredded chicken, olive and chilli pepper, Margarita)	Traditional chicken pie with a shortcrust top	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	Gnocchi in a rich tomato sauce	Black bean stir fry	Butternut squash and sage risotto	Vegetable and butterbean curry Cous cous	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	Mexican style potatoes Sweetcorn Fresh cauliflower	Minted new potatoes Fresh courgettes Hand cut carrots	Sauté potatoes Corn on the cob Fresh courgettes	Mashed potatoes Fresh hand cut carrots 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 Custard	Chocolate and banana bread and butter pudding Custard	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 Sauté onions	Chicken and chorizo pie with a puff pastry top	Fish finger wraps Iceberg lettuce, mayonnaise	Spaghetti Bolognaise	Sweet and sour chicken Balls	Gammon steak Pineapple	Roast chicken All the trimmings Gravy
NOURISH	Glamorgan sausages	Cheese and onion pasty	Vegetarian tacos	Potato gnocchi or penne with a spicy lentil Arrabbiata sauce and cheese	Tempura vegetables Sweet and sour sauce	Spicy bean bakes	Stuffed mushrooms
STREET EATS	Sticky chicken Bao Buns	Baguette bar	Homemade tomato soup served with crusty bread and toppings	Spicy Chicken wraps	===	===	===
SIDES	Colcannon Mash Baked beans	Rustic roast potatoes Garden peas	Sweet potato wedges Crisp mixed salad Coleslaw	Garlic bread Crisp mixed salad Parmesan cheese	Steamed rice Stir fried vegetables	Oven chips Garden peas	Roast potatoes Fresh cabbage Fresh carrots
DESSERT	===	Jam doughnuts	===	Muffins	===	Selection of fruit yoghurts Homemade fresh fruit salad	Lollies/ ice cream
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						

FOUNDED IN 1997
HOLROYD HOWE

PROVIDING THE BEST IN THE AREA