

BREAKFAST

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	French toast Selection of toppings	Sausage and cheese muffin	Scrambled eggs Smoked salmon Hash browns	Bacon baps Selection of sauces	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	Minced beef and autumn vegetable pie with a puff pastry top (Future proof)	Tandoori chicken Steamed rice Mint riata Curry sauce	Roast pork Sage and onion stuffing Apple sauce Gravy	BBQ pulled chicken and vegetable wrap Toppings: Grated cheese Sour cream Sliced jalapeno's	Battered fillet of fish served with lemon and tartare sauce Fresh fish special Cod fish fingers Pork sausages	Home made assorted pizzas	Cornish pasties to go
NOURISH	Homemade vegetable samosas Steamed rice Curry sauce	Lentil and roasted root bolognaise made with a rich tomato ragu Spaghetti	Vegetable and beans is more lasagne	Mushroom stroganoff Cous cous	Cauliflower mac 'n' cheese	Home made assorted pizza	Cheese and onion pasty to go
STREET EATS	===	Selection of freshly prepared wraps and rolls	===	Selection of freshly prepared sandwiches and rolls	===	===	===
SIDES	Minted new potatoes Glazed carrots French beans	Pan fried courgettes Garden peas	Rustic roast potatoes Hand cut carrots Fresh broccoli	Spicy home cooked potato sedges Fresh Courgettes Sweetcorn	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	Rice pudding Fruit compote	Pineapple upside down Custard	Rhubarb and ginger crumble Custard	Chocolate sponge Chocolate sauce	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 with a puff pastry top	Homemade salmon fish cakes	Assorted pizza (Pepperoni, Shredded chicken, olive and chilli pepper, Margarita)	Chicken stir-fry with oyster sauce and noodles	Tandoori Chicken Riata dip Red onion salad	Braised steak with bacon and red wine	Roast pork Apple sauce Sage and onion stuffing
NOURISH	Vegetarian cottage pie with a cheesy top	Mushroom risotto	Assorted pizza (Pepperoni, Shredded chicken, olive and chilli pepper, Margarita)	Tofu and vegetable stir-fry	Vegetable curry	Stuffed red pepper topped with cheese	Vegetable Bake
STREET EATS	Chicken curry Pilau rice Garlic and coriander Nann	Lamb kofta flatbreads Crisp mixed salad Selection of sauces	Assorted pizza (Pepperoni, Shredded chicken, olive and chilli pepper, Margarita)	Homemade vegetable and mini pasta soup served with crusty bread and toppings	===	===	===
SIDES	Rustic roast potatoes Garden peas	Spanish rice Roasted vegetables	Oven baked potato wedges Boston beans	Stir fried broccoli Prawn crackers Mini spring rolls	Onion Baji Steamed rice Curry sauce Lentil dhal	Mashed potatoes Garden peas Fresh carrots	Rustic roast potatoes Fresh Carrots Garden peas
DESSERT	===	Jam doughnuts	===	Muffins	===	Lollies/ ice cream	Apple crumble Custard
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						