

# BREAKFAST

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Citrus water	Cucumber & rosemary	Apple & mint	Melon medley	Pineapple & lemon	Grapefruit	Fresh berry
Hot Items	Smoked bacon Boiled eggs Baked beans Grilled tomatoes	Butchers' sausages scrambled eggs Sauté potatoes Spaghetti hoops	Smoked bacon poached eggs sauté mushrooms hash browns	Butchers sausages Scrambled eggs Grilled tomatoes baked beans	Fried eggs Grilled tomato baked beans hash browns	Butchers' sausages Scrambled eggs Saute mushrooms Saute potatoes	<b>Brunch</b> sausage bacon, eggs, beans, grilled tomatoes black pudding hash browns Freshly baked Croissants
Daily Breakfast Items	<b>Porridge station</b>  Cereal bar  Yoghurt station  Toast, bagels, crumpets & preserves	<b>Porridge station</b>  Cereal bar  Yoghurt station  Toast, bagels, crumpets & preserves	<b>Porridge station</b>  Cereal bar  Yoghurt station  Toast, bagels, crumpets & preserves	<b>Porridge station</b>  Cereal bar  Yoghurt station  Toast, bagels, crumpets & preserves	<b>Porridge station</b>  Cereal bar  Yoghurt station  Toast, bagels, crumpets & preserves	<b>Porridge station</b>  Cereal bar  Yoghurt station  Toast, bagels, crumpets & preserves	<b>Porridge station</b>  Cereal bar  Yoghurt station  Toast, bagels, crumpets & preserves
Fruit	A selection of seasonal fruits	A selection of seasonal fruits	A selection of seasonal fruits	A selection of seasonal fruits	A selection of seasonal fruits	A selection of seasonal fruits	A selection of seasonal fruits

# LUNCH WEEK 1

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	Honey roasted carrot	Vine roasted tomato	Cauliflower & parmesan	Spinach & potato	Summer squash	xxxxxxxx	<b>B R U N C H</b>
<b>Main</b>	Slow cooked beef & bean chilli	Hot & sour roast pork	Rosemary & garlic chicken legs	Fruity lamb tagine	Battered fish	Chicken tikka masala	
<b>Vegetarian/ vegan</b>	Pulled jackfruit enchiladas	Shitake mushroom fu yung	Root vegetable & lentil loaf	North African chachouka	Nori battered tofu	Spinach chickpea & sweet potato curry	
<b>Street food</b>	Mango & chilli chicken drumsticks	Onion bhaji burger	Salt beef & mustard bagels	Giant vegetable & Oumph spring roll	Cheese &vegetable pasties	xxxxxxxxxx	
<b>On the side</b>	Crunchy corn Smashed peas Vegetable rice Salsa Soured cream guacamole	Stir fried noodles Steamed vegetables Prawn crackers Sweet chilli sauce	Roast potatoes Roasted carrots & parsnips Steamed broccoli Stuffing Chicken gravy	Giant cous cous Summer squash black eyed beans Crisp salad	Chips Garden peas Mushy peas Homemade tartare sauce Curry sauce Lemon wedges Batter scraps Pickled onions	Steamed rice Naan chards Poppadum's Curried cauliflower & okra Mango chutney Mint raita	
<b>Roasted roots &amp; Pasta Bar</b>	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Cheddar cheese	
	Tomato sauce Kale pesto Oils & seeds	Tomato sauce Red pepper pesto Oils & seeds	Tomato sauce Spinach pesto Oils & seeds	Tomato sauce Sun dried tomato pesto Oils & seeds	Tomato sauce Sage pesto Oils & seeds	Pasta & sauce	
<b>Chefs sandwich selection</b>	Chefs daily choice	Chefs daily choice	Chefs daily choice	Chefs daily choice	Chefs daily choice	xxxxxx	
<b>Dessert</b>	Apple crumble pots	Raspberry crumble slice	Banoffee pots	Dark chocolate brownie	Lemon Possets	Fresh fruit fool	
<b>Daily</b>	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots		

# LUNCH WEEK 2

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	Spiced Parsnip	Tomato & basil	Roasted butternut & sage	Broccoli & parmesan	Sweet potato	XXXXXXXX	<b>B R U N C H</b>
<b>Main</b>	Honey glazed butchers' sausages	Katsu chicken	Slow cooked pork shoulder	Hunters chicken legs	Battered cod	Slow cooked lamb biriyani	
<b>Vegetarian/ vegan</b>	Vegetable sausages	Pulled Oumph ramen	Summer vegetable filo pie	Heirloom tomato & basil tart	Sweetcorn & courgette fritters	Roasted cauliflower & lentil curry	
<b>Street food</b>	Fully loaded nachos	Vegetable Tempura	Buffalo wings & ranch dressing	Croque monsieur	Veggie sausage rolls	xxxxxxx	
<b>On the side</b>	Crushed potatoes Mashed roots Sweetcorn Garden peas gravy	Rice noodles Stir fried greens Warm edamame salad Crispy onions	Thyme roasted potatoes Carrots & parsnips Steamed savoy cabbage Gravy Apple sauce	Steamed new potatoes Glazed carrots Crispy kale	Chips Garden peas Mushy peas Homemade tartare sauce Curry sauce Lemon wedges Batter scraps Pickled onions	Steamed rice Naan chards Poppadum's Sticky green beans Mango chutney Mint raita	
<b>Roasted roots &amp; Pasta Bar</b>	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Cheddar cheese	
	Tomato sauce Kale pesto Oils & seeds	Tomato sauce Red pepper pesto Oils & seeds	Tomato sauce Spinach pesto Oils & seeds	Tomato sauce Sun dried tomato pesto Oils & seeds	Tomato sauce Sage pesto Oils & seeds	Pasta & sauce	
<b>Chefs sandwich selection</b>	Chefs daily choice	Chefs daily choice	Chefs daily choice	Chefs daily choice	Chefs daily choice	xxxxxx	
<b>Dessert</b>	Passion fruit mess	Blueberry & coconut squares	Chocolate orange mousse	Sticky toffee slice	Jammie dodger pots	Homemade Swiss roll	
<b>Daily</b>	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots		

# LUNCH WEEK 3

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	Leek & Potato	Mexican bean & lentil	Spicy tomato	Carrot & coriander	Roasted Mediterranean vegetable	xxxxx	<b>B R U N C H</b>
<b>Main</b>	Spaghetti bolognese	Spanish chicken	Honey & mustard glazed gammon	Korean pork noodles	Battered cod	Cajun turkey steaks	
<b>Vegetarian/ vegan</b>	Mushroom risotto	Red pepper Spanish tortilla	Pea & mint frittata	Courgette pancakes	Tikka battered halloumi	Vegan Jambalaya	
<b>Street food</b>	Lamb keema pizzas	Vegetable bunny chow	Sweet & sour chicken pots	Cauliflower & chicken tostadas	Sweetcorn riblets	xxxxxx	
<b>On the side</b>	Homemade rosemary focaccia Roasted broccoli with tomatoes & red onions Rocket & parmesan salad	Patatas bravas Spanish rice Garlic mushrooms Mojo Olive tapenade	Roast new potatoes Carrots, parsnips Green beans gravy	Bang bang cucumbers Sesame fried vegetables Crispy lotus roots Kimchi Sriracha mayonnaise	Chips Garden peas Mushy peas Homemade tartare sauce Curry sauce Lemon wedges Batter scraps Pickled onions	Creole rice Collard greens Corn on the cob Cucumber salsa	
<b>Roasted roots &amp; Pasta Bar</b>	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Baked beans Cheddar cheese Chefs special	Cheddar cheese	
	Tomato sauce Kale pesto Oils & seeds	Tomato sauce Red pepper pesto Oils & seeds	Tomato sauce Spinach pesto Oils & seeds	Tomato sauce Sun dried tomato pesto Oils & seeds	Tomato sauce Sage pesto Oils & seeds	Pasta & sauce	
<b>Chefs sandwich selection</b>	Chefs daily choice	Chefs daily choice	Chefs daily choice	Chefs daily choice	Chefs daily choice	xxxxx	
<b>Dessert</b>	Fruit jellies	Seeded rhubarb flapjack	Biscoff blondies	Butterscotch slice	Black forest pots	Ice cream & toppers	
<b>Daily</b>	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots		

# SUPPER WEEK 1

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main</b>	Pulled ham carbonara	Jerk chicken legs	Meatball subs	Chunky pork cassoulet	Salt & pepper chicken wings	Fake away night	Roast Topside of beef or marmalade glazed gammon
<b>Vegetarian</b>	Vegan lasagne	Sweet potato Stew	Falafel baskets	Posh beans on sourdough toast	Sesame Vegetable Udon Noodles		Baked Cauliflower & Leek cheese
<b>On The Side</b>	Roasted Mediterranean vegetables Garlic doughballs Warm panzanella salad	Rice & peas Fried plantain Vegetable rundown Fried dumplings	Jacket wedges & dips Steamed sweetcorn Spicy slaw	Mashed potato Savoy cabbage Garden peas	Fragrant rice Steamed greens Asian dipping sauce		Rosemary roasted potatoes Mashed carrots & swede Homemade Yorkshire puddings Gravy Horseradish sauce
<b>Pasta</b>	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	xxxxxx	Tomato sauce grated cheddar toppers & oils
<b>Dessert</b>	Chocolate chip cookies	Fruit jellies	Fruit flapjack	Eton mess	Chocolate marble sponge	Assorted desserts	Jellies
<b>Daily</b>	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit
<b>Selection of fresh cut &amp; whole fruits</b>							

## SUPPER WEEK 2

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main</b>	Hot dogs	<b>Taco Tuesday</b> Pulled beef brisket	Buttermilk chicken	Pepperoni Pizza	BBQ chicken melt	Fake away night	Roast Turkey or roast pork shoulder
<b>Vegetarian</b>	Veggie dog	Chargrilled halloumi	Cauliflower wings	Four cheese pizza	Chargrilled aubergine steak		Mushroom & lentil wellington
<b>On The Side</b>	String fries Corn on the cob Crispy onions American mustard Homemade Ketchup	Soft tacos Hard tacos Salsa soured cream Guacamole Refried beans Jalapenos Dirty rice Crunchy corn Mole Pico de gallo	Waffles Roasted carrots Steamed greens Chicken gravy	Herby diced potatoes broccoli & cauliflower Chilli flakes Parmesan crisps	Sweet potato fries Coleslaw Garlic roasted greens		Roasted new potatoes Carrots & parsnips Homemade Yorkshire puddings Gravy Cranberry sauce
<b>Pasta</b>	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils
<b>Dessert</b>	Berry sponge	Fruit jellies	Oatmeal & raisin cookie	Jellies & traybakes	Banana bread	Assorted desserts	Jellies
<b>Daily</b>	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit

Selection of fresh cut & whole fruits

## SUPPER WEEK 3

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main</b>	Cajun chicken burger	Pea & ham risotto	<b>Midweek Caesar bar</b> chargrilled chicken breast Gem lettuce Crunchy croutons Crispy bacon Caesar dressing Anchovies Chilli flakes Seared halloumi Seeds Crispy onions Vegetable antipasti Spring onions	Teriyaki beef chow mien	Macaroni cheese bar	Fake away night	Lemon & thyme chicken legs or roast pork belly
<b>Vegetarian</b>	Veggie burger	Shitake mushroom & cauliflower gnocchi		Mango & tofu samosa	Vegan macaroni cheese		Root vegetable & lentil turnover
<b>On The Side</b>	Chips Cheese Bacon jam Mustard Ketchup Onion rings slaw	Lemon roasted courgettes Glazed carrots Shaved parmesan Slow cooked caponata Olive focaccia		Fragrant rice Chilli flakes Honey & soy Pak choi Mange tout	Spicy chorizo Crispy bacon Salt & pepper croutons Crispy onions Chilli flakes Crunchy corn Sauté mushrooms Crispy carrots Shaved parmesan Sunflower seeds		Skin on roasties Streamed carrots & broccoli Apple sauce Yorkshire puddings gravy
<b>Pasta</b>	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils	Tomato sauce grated cheddar toppers & oils
<b>Dessert</b>	Apple flapjack	Fruit jellies	Jaffa sponge	Passionfruit mousse	White chocolate cookie	Assorted desserts	jellies
<b>Daily</b>	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit	fruit bowl, sliced fruit

Selection of fresh cut & whole fruits