

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	Brunch sausage bacon, eggs, beans, grilled tomatoes black pudding hash browns Freshly baked Croissants Chef's Special
Daily Breakfast Items	Porridge station Cereal bar Yoghurt station Toast, bagels, crumpets & preserves	Porridge station Cereal bar Yoghurt station Toast, bagels, crumpets & preserves	Porridge station Cereal bar Yoghurt station Toast, bagels, crumpets & preserves	Porridge station Cereal bar Yoghurt station Toast, bagels, crumpets & preserves	Porridge station Cereal bar Yoghurt station Toast, bagels, crumpets & preserves	Porridge station Cereal bar Yoghurt station Toast, bagels, crumpets & preserves	Porridge station 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
Soup	Spiced parsnip	Miso	Cauliflower and cumin	Minestrone	Chick Pea	xxxxxxx	B R U N C H
Main	Honey Glazed Cumberland sausages Non pork option available	Katsu curry Chicken	Apple Baked and Glazed Gammon	Pasta Carbonara	Battered chip shop Fish	Tandoori grilled chicken	
Vegetarian/ vegan	Quorn Roast Wellington	Teriyaki Tofu	Cheese and potato Pie	Wild mushrooms Pearl Barley risotto	Vegan moussaka	Spinach, chick pea and sweet potato curry	
Street food	Scotch Egg	Vegetable Tempura Asian dipping sauce	Sweet & Sour chicken Pot	Cheese and tomato Panini	Crispy Fried calamari, Greek salad	xxxxxxxxx	
On the side	Mashed potato Peas Creamed leeks Onion Gravy	Jasmine Rice Warm Edamame beans salad Japanese slaw	Skin on roast potato Carrots and basil pesto Savoy Cabbage Apple Sce Gravy	Roasted broccoli Panzanella Salad Grated Parmesan Focaccia Bread	Chips Garden pea Baked beans Garlic Mayo Curry sce Lemon wedge Battered scrap Pickled onions	Turmeric rice Naan bread Onion Bhaji Roasted curry cauliflower Mint Raita	
Roasted roots & Pasta Bar	Baked beans Cheddar cheese Peperonata Sce	Baked beans Cheddar cheese Vegetable and chick pea curry	Baked beans Cheddar cheese Mushrooms and chives sour cream	Baked beans Cheddar cheese Antipasto	Baked beans Cheddar cheese Chefs special	Cheddar cheese	
	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Pasta & sauce	
Chefs sandwich selection	Chicken and avocado	Egg salad	Coronation chicken	Salame, mozzarella and pepper	Chick pea salad	Xxxxx	
Dessert	Carrot cake	Ginger cake	Jelly	"Tiramisu"	Ravani cake	Mixed fruit Flapjack	
Daily	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots		

LUNCH WEEK 2

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Mexican vegetable	Creamy Mulligatawny Style	Watercress	Tomato and sweet basil	Pea and mint	xxxxxxxx	B R U N C H
Main	Beef chilli	Chicken tikka Masala	Slow roasted pork shoulder	Classic beef lasagne	Battered pollock	Hunter chicken	
Vegetarian/ vegan	Pulled jackfruit and vegetable burrito	Vegetable Pakora, sweet chilli dipping Sce	Butternut squash and feta tart	Mediterranean vegetable gnocchi, red pesto	Battered veggie sausage	Vegetable orzo stuffed pepper	
Street food	Cauliflower and chicken tostadas	Vegetable Samosa	Fish finger sandwich	Sun dried tomato, mozzarella and olive bruschetta	Dirty fries	xxxxxxxxxx	
On the side	Steamed rice Sweetcorn salad Peas Sour cream, salsa Guacamole nachos	Pilau Rice Cucumber raita Mango chutney Naan bread Aloo gobi Green beans	Cauliflower cheese Balsamic, butternut squash and kale Rosemary roasted new potato Apple sauce Stuffing gravy	Garlic bread Courgette gratin Olive garden salad Roasted garlic broccoli Grated parmesan	Fries Garden pea Homemade tartar sce Curry sce Lemon wedge Battered scrap Pickled onions	Parsley carrots Saute potato Coleslaw Focaccia bread	
Roasted roots & Pasta Bar	Baked beans Cheddar cheese Mexican beans stew	Baked beans Cheddar cheese Lentil Dahl	Baked beans Cheddar cheese Butterbean and tomato stew	Baked beans Cheddar cheese Chicken and mushroom	Baked beans Cheddar cheese Chef special	Cheddar cheese	
	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Pasta & sauce	
Chefs sandwich selection	Sweet chilli chicken	Falafel	Turkey and cranberry	Chicken Caesar	Roasted vegetable and humous	xxxxx	
Dessert	Dos leche Raspberry	Rice pudding	Sticky toffee pudding, caramel custard	panacotta	jelly	Arctic roll	
Daily	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
Soup	Spanish lentil	Chinese hot and sour soup	Corn chowder	French onion	Carrots and coriander	xxxxx	B R U N C H
Main	Chicken and chorizo paella	Garlic and ginger glazed pork	Chimichurri roast chicken	Beef bourguignons	Golden fishcake	Chicken tajine	
Vegetarian/ vegan	Red pepper tortilla	Oumph ramen	Vegan tacos stuffed sweet potato	Roquefort and onion tart	Bbq jackfruit pizza	shakshuka	
Street food	Albondigas, lime rice, tomato sce	Sichuan chicken wings	Hot dog , crispy onion, mustard/ketchup	Croque monsieur	Smoked tofu vegan burger	xxxxxx	
On the side	Patata bravas Roasted peppers Garlic green beans	Noodles Prawns crackers Asian green broccoli	Potato wedges Roasted Mediterranean vegetables Tomato salad	Mashed potato Green beans Thyme roasted carrots	fries Garden peas Mushy peas Homemade tartare sauce Curry sauce Lemon wedges Pickled onions	Tabouleh Roasted cauliflower Roasted butternut squash	
Roasted roots & Pasta Bar	Baked beans Cheddar cheese Spanish pisto	Baked beans Cheddar cheese Sweet and sour vegetables	Baked beans Cheddar cheese Chilli con carne	Baked beans Cheddar cheese ratatouille	Baked beans Cheddar cheese Chef special	Cheddar cheese	
	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Pasta & sauce	
Chefs sandwich selection	Tuna salad	Hoi sin chicken	Cheese and tomato	Ham salad	Egg mayonnaise	xxxxx	
Dessert	Basque cheesecake	Jam and coconut sponge	Chocolate and beetroot brownie	Chocolate and orange mousse	Selection of desserts	doughnut	
Daily	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots	Seasonal fruit & yoghurt pots		

SUPPER WEEK 2

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main	Pork, spring green and black bean stir fry	Fish pie, puff lid	Beef madras	Peri peri chicken	Mac and cheese bar	Ultimate burger Veggie burger	Roast pork belly
Vegetarian	Sesame tofu, egg fried rice	Quorn, wild mushrooms vol au vent	Onion bhaji wrap	Peri peri halloumi filled naan	Spicy chorizo		Goats cheese, beetroot filo parcel
On The Side	Garlic bok choi Broccoli Sweet chilli dipping sce noodles	Minted pea Cumin roasted carrots Rocket and pear salad Herby diced potato	Steamed rice Mango chutney Mint raita Poppadums Indian mustard cauliflower and broccoli	Potato wedges Roasted vegetables medley Corn on the cob	Crispy bacon Croutons Crispy onion Chilli flakes Saute mushrooms Crispy carrots Grated parmesan Sunflower seeds		Roasted new potato Honey roast parsnip/carrots Green beans Gravy Yorkshire pudding Apple sauce
Pasta	Pasta and cheese Tomato sauce	Pasta and cheese Tomato sauce	Pasta and cheese Tomato sauce	Pasta and cheese Tomato sauce	Pasta and cheese Tomato sauce	xxxxxx	Pasta and cheese Tomato sauce
Dessert	Lemon tart	Eton mess	Banoffee cheesecake	Treacle tart	Bread and butter pudding	Assorted desserts	Rocky road
Daily	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 Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main	Spaghetti bolognaise	Jerk chicken	Beef fajitas	Crispy chicken burger	Gammon egg and chips	Pepperoni pizza Peppers and red onion pizza	Thai green chicken curry
Vegetarian	Caponata pasta	Vegetable curry	Grilled halloumi fajitas	Spicy bean burger, lime yoghurt	Thyme and leek quiche		Thai vegetable spring roll
On The Side	Steamed greens Grissini Caesar salad	Rice and pea Vegetable rundown Red slaw Jerk sauce	Pico de gallo Sour cream Guacamole Mexican rice Corn on the cob jalapenos	BBQ sauce Bacon Jam Honey and mustard slaw Curly fries Onion rings cheese	Grilled tomato Slice pineapple Peas Watercress salad		Coconut rice Roasted butternut squash and apple Lemon roasted courgette
Pasta	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
Dessert	Lemon polenta cake	Banana bread	cookies	Waffle, I/C, chocolate sauce	Apple pie	Fruit fool	jelly
Daily	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 1

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main	Beef empenadas, chipotle sauce	BBQ pork ribs	chicken chow mein	Beef stroganoff	Chicken and chorizo jambalaya	Lamb kebab	Spaghetti beef meatballs
Vegetarian	Vegetable&cheese quesadillas, dips	Corn fritters	Mango and tofu samosa	Cheese and onion omelette	Courgette pancake	Falafel basket	Spinach and ricotta canelloni
On The Side	Mexican rice Guacamole Corn on the cob Naked slaw	Butterbeans sauteed leeks Garlic baked sweet potato tzatziki	Fragrant rice Chilli flakes Honey and soy bok choy Sugar snap peas	Tagliatelle Broccoli House salad Green beans	Cucumber salad Crunchy corn Dirty rice Spring green and peas	Tomato and cucumber salad Corn on the cob Fries Garlic sauce	New potato and dill salad Green beans Spring green cabbage Grated parmesan
Pasta	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
Dessert	Raspberry delice	jelly	Pineapple upside down	Jaffa sponge	Ice cream	Selection of desserts	Blueberry muffins
Daily	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