

LUNCH WEEK 1

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Spiced parsnip	Miso	Cauliflower and cumin	Minestrone	Chick Pea	xxxxxxxx	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 onion tart	Wild mushrooms Pearl Barley risotto	Vegan moussaka	Spinach, chick pea and sweet potato curry	
Street food	Scotch Egg	Onion bhaji burger	Sweet & Sour chicken Pot	Cheese and tomato Panini	Crispy Fried calamari, Greek salad	xxxxxxxxxx	
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	Fully loaded nachos	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	Jelly	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 leg	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 wing and noodle pot	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	Jelly	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 1

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main	Beef Teriyaki stir fry	BBQ pork ribs	Meatball subs	Salt and pepper chicken wings	Grilled pork loin steak, mustard cream sauce	Pizza night	Peri peri chicken
Vegetarian	Giant oumph Spring roll	Corn fritters	Falafel baskets	Coconut red curry stew	Mediterranean vegetable skewers, basil pesto		Peri peri halloumi filled naan
On The Side	Rice Asian dipping sauce Broccoli Mange tout	Butterbeans Sauteed leeks Garlic baked sweet potato tzatziki	Jacket potato Sweetcorn Coleslaw	Noodles Soy Bok choy green beans	Sauteed potato Greek salad Tomato/cucumber		Potato wedges Roasted vegetables medley Corn on the cob
Pasta	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce Grated cheddar	Tomato sauce grated cheddar
Dessert	Chocolate chip cookies	Jelly	Ice cream pot	Eton mess	Fruit Trifle	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 2

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main	Hot dogs	Spaghetti bolognese	Buttermilk chicken	Pepperoni Pizza	Turkey Milanese	Curry night	Mac and cheese bar
Vegetarian	Veggie dog	Quorn mince lasagne	Cauliflower wings	Margherita pizza	Butternut squash and sundried tomato risotto		Spicy chorizo
On The Side	String fries Corn on the cob Crispy onions American mustard Homemade Ketchup	Caesar salad Garlic bread Grated parmesan broccoli	American cheese Roasted carrots Steamed greens Chicken gravy	twister sweetcorn Chilli flakes Rocket and parmesan salad	Tagliatelle Tomato and basil sauce Garden salad Garlic mushrooms		Crispy bacon Croutons Crispy onion Chilli flakes Saute mushrooms Crispy carrots Grated parmesan Sunflower seeds
Pasta	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar
Dessert	Berry sponge	Waffle and I/C	jelly	Banoffee tart	Strawberry shortbread	Assorted desserts	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 3

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main	Chicken fajitas	Hot and sour pork	Midweek Caesar bar chargrilled chicken breast Gem lettuce Crunchy croutons Crispy bacon Caesar dressing Anchovies Chilli flakes Seared halloumi Seeds Crispy onions Vegetable antipasti Spring onions Potato wedges	Beef madras	Gammon egg and chips	Lamb kebab night	Roast pork belly
Vegetarian	Halloumi fajitas	mushroom omelette		Onion bhaji wrap	Thyme and leek quiche		Goat cheese, beetroot filo parcel
On The Side	Fragrant rice Chilli flakes Corn on the cob Pico de gallo Guacamole Jalapenos Sour cream	Noodles Steamed greens Prawns crackers Sweet chilli sauce		Steamed rice Mango chutney Mint raita Poppadum's Indian mustard cauliflower And broccoli	Grilled tomato Slice pineapple Peas Watercress salad		Roasted new potato Honey roast parsnip/carrots Savoy cabbage Gravy Yorkshire pudding Apple sauce
Pasta	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar	Tomato sauce grated cheddar
Dessert	Mix fruit flapjack	Jelly	Jaffa sponge	Passionfruit mousse	Forest fruit crumble	Assorted desserts	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