

# 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>	Spiced parsnip	Miso	Cauliflower and cumin	Minestrone	Chick Pea	xxxxxxx	<b>B R U N C H</b>
<b>Main</b>	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	
<b>Vegetarian/ vegan</b>	Quorn Roast Wellington	Teriyaki Tofu	Cheese and onion tart	Wild mushrooms Pearl Barley risotto	Vegan moussaka	Spinach, chick pea and sweet potato curry	
<b>Street food</b>	Scotch Egg	Onion bhaji burger	Sweet & Sour chicken Pot	Cheese and tomato Panini	Crispy Fried calamari, Greek salad	xxxxxxxxx	
<b>On the side</b>	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	
<b>Roasted roots &amp; Pasta Bar</b>	Baked beans Cheddar cheese	Baked beans Cheddar cheese	Baked beans Cheddar cheese	Baked beans Cheddar cheese	Baked beans Cheddar cheese	Cheddar cheese	
	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Tomato sauce Oils & seeds	Pasta & sauce	
<b>Chefs wrap selection</b>	Selection of wraps	Selection of wraps	Selection of wraps	Selection of wraps	Selection of wraps	Xxxxx	
<b>Dessert</b>	Carrot cake	Ginger cake	Jelly	"Tiramisu"	Ravani cake	Mixed fruit Flapjack	
<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 One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	Mexican vegetable	Creamy Mulligatawny Style	Watercress	Tomato and sweet basil	Pea and mint	xxxxxxxx	<b>B R U N C H</b>
<b>Main</b>	Beef chilli	Chicken tikka Masala	Slow roasted pork shoulder	Classic beef lasagne	Battered pollock	Hunter chicken	
<b>Vegetarian/ vegan</b>	Pulled jackfruit and vegetable burrito	Vegetable Pakora, sweet chilli dipping Sauce	Butternut squash and feta tart	Mediterranean vegetable gnocchi, red pesto	Battered veggie sausage	Vegetable orzo stuffed pepper	
<b>Street food</b>	Cauliflower and chicken tostadas	Vegetable Samosa	Fish finger sandwich	Sun dried tomato, mozzarella and olive bruschetta	Fully loaded nachos	xxxxxxxxxx	
<b>On the side</b>	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	
<b>Roasted roots &amp; Pasta Bar</b>	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	
<b>Chefs wrap selection</b>	Selection of wraps	Selection of wraps	Selection of wraps	Selection of wraps	Selection of wraps	xxxxx	
<b>Dessert</b>	Dos leche Raspberry	Jelly	Sticky toffee pudding, caramel custard	panacotta	jelly	Arctic 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>	Spanish lentil	Chinese hot and sour soup	Corn chowder	French onion	Carrots and coriander	xxxxx	<b>B R U N C H</b>
<b>Main</b>	Chicken and chorizo paella	Garlic and ginger glazed pork	Chimichurri roast chicken leg	Beef bourguignons	Golden fishcake	Chicken tajine	
<b>Vegetarian/ vegan</b>	Red pepper tortilla	Oumph ramen	Vegan tacos stuffed sweet potato	Roquefort and onion tart	Bbq jackfruit pizza	shakshuka	
<b>Street food</b>	Albondigas, lime rice, tomato sce	Sichuan chicken wing and noodle pot	Hot dog , crispy onion, mustard/ketchup	Croque monsieur	Smoked tofu vegan burger	xxxxxx	
<b>On the side</b>	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	
<b>Roasted roots &amp; Pasta Bar</b>	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	
<b>Chefs wrap selection</b>	Selection of wraps	Selection of wraps	Selection of wraps	Selection of wraps	Selection of wraps	xxxxx	
<b>Dessert</b>	Jelly	Jam and coconut sponge	Chocolate and beetroot brownie	Chocolate and orange mousse	Selection of desserts	doughnut	
<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>	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
<b>Vegetarian</b>	Giant oumph Spring roll	Corn fritters	Falafel baskets	Coconut red curry stew	Mediterranean vegetable skewers, basil pesto		Peri peri halloumi filled naan
<b>On The Side</b>	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
<b>Pasta</b>	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
<b>Dessert</b>	Chocolate chip cookies	Jelly	Ice cream pot	Eton mess	Fruit Trifle	Assorted desserts	Rocky road
<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 2

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main</b>	Hot dogs	<b>Spaghetti bolognaise</b>	Buttermilk chicken	Pepperoni Pizza	Turkey Milanese	Curry night	Mac and cheese bar
<b>Vegetarian</b>	Veggie dog	Quorn mince lasagne	Cauliflower wings	Margherita pizza	Butternut squash and sundried tomato risotto		Spicy chorizo
<b>On The Side</b>	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
<b>Pasta</b>	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
<b>Dessert</b>	Berry sponge	Waffle and I/C	jelly	Banoffee tart	Strawberry shortbread	Assorted desserts	Jelly
<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>	Chicken fajitas	Hot and sour pork	<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 Potato wedges	Beef madras	Gammon egg and chips	Lamb kebab night	Roast pork belly
<b>Vegetarian</b>	Halloumi fajitas	mushroom omelette		Onion bhaji wrap	Thyme and leek quiche		Goat cheese, beetroot filo parcel
<b>On The Side</b>	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
<b>Pasta</b>	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
<b>Dessert</b>	Mix fruit flapjack	Jelly	Jaffa sponge	Passionfruit mousse	Forest fruit crumble	Assorted desserts	jelly
<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