

# BREAKFAST

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HYDRATION</b>	STRAWBERRY, LIME AND KIWI	CUCUMBER AND MINT	LEMON AND LIME	ROSEMARY AND GRAPEFRUIT	KIWI AND ORANGE
<b>COLD GRAB &amp; GO</b>	FRESHLY MADE YOGHURT POT OF DAY	<b>FRESHLY MADE YOGHURT POT OF THE DAY</b>	FRESHLY MADE YOGHURT POT OF THE DAY	<b>FRESHLY MADE YOGHURT POT OF THE DAY</b>	FRESHLY MADE YOGHURT POT OF THE DAY
<b>DAILY BREAKFAST ITEMS</b>	HOT BREAKFAST BAP	HOT BREAKFAST BAP	HOT BREAKFAST BAP	HOT BREAKFAST BAP	HOT BREAKFAST BAP
<b>FRUIT POTS</b>	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT

# BREAKFAST

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HYDRATION</b>	ORANGE , BLUEBERRY AND MINT	CUCUMBER , TYME AND LIME	APPLE , LEMON AND CARROT	WATERMELON AND STRAWBERRY	MINT , CUCUMBER AND LEMON
<b>COLD GRAB &amp; GO</b>	FRESHLY MADE YOGHURT POT OF THE DAY	FRESHLY MADE YOGHURT POT OF THE DAY	FRESHLY MADE YOGHURT POT OF THE DAY	FRESHLY MADE YOGHURT POT OF THE DAY	FRESHLY MADE YOGHURT POT OF THE DAY
<b>DAILY BREAKFAST ITEMS</b>	HOT BREAKFAST BAP	HOT BREAKFAST BAP	HOT BREAKFAST BAP	HOT BREAKFAST BAP	HOT BREAKFAST BAP
<b>FRUIT POTS</b>	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT

# BREAKFAST

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HYDRATION</b>	ORANGE AND LIME	WATERMELON AND BASIL	RASBERRY AND MINT	APPLE, LEMON AND CARROT	STRAWBERRY, CUCUMBER AND MINT
<b>COLD GRAB &amp; GO</b>	FRESHLY MADE YOGHURT POT OF THE DAY	<b>FRESHLY MADE YOGHURT POT OF THE DAY</b>	FRESHLY MADE YOGHURT POT OF THE DAY	<b>FRESHLY MADE YOGHURT POT OF THE DAY</b>	FRESHLY MADE YOGHURT POT OF THE DAY
<b>DAILY BREAKFAST ITEMS</b>	HOT BREAKFAST BAP	HOT BREAKFAST BAP	HOT BREAKFAST BAP	HOT BREAKFAST BAP	HOT BREAKFAST BAP
<b>FRUIT POTS</b>	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT

# BREAK

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK SPECIAL	BACON BAPS	SAUSAGE ROLLS	SELECTION SWEET TREATS	CHICKEN SELECT AND WEDGES	HASH BROWNS
COOKIE OF THE DAY	CHOCOLATE CHIP	LEMON AND WHITE CHOCOLATE	MILK CHOCOLATE CHIP	CHERRY AND COCONUT	SHORTBREAD

# BREAK

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAK SPECIAL</b>	BACON BAPS	HASH BROWNS	SELECTION OF SWEET TREATS	SAUSAGE ROLL	BATTERED CHICKEN BURGER
<b>COOKIE OF THE DAY</b>	TRIPLE CHOCOLATE	WHITE CHOCOLATE CHUNK	SALTED CARAMEL	GINGER BREAD	CHOCOLATE CHIP

# BREAK

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAK SPECIAL</b>	BACON BAP	SAUSAGE ROLL	SELECTION OF SWEET TREATS	HASH BROWNS	PIZZA SLICE
<b>COOKIE OF THE DAY</b>	MILK CHOCOLATE	RASPBERRY AND WHITE CHOCOLATE	TRIPLE CHOCOLATE	SHORTBREAD AND CHERRY	SALTED CARAMEL

# LUNCH

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	CHICKEN TIKKA MASALA	<b>BEEF LASAGNE</b>	HOT DOGS	<b>BEEF CHILLI</b>	CHICKEN FLAT BREAD
<b>MEAT FREE</b>	CHICKPEA AND BROCCOLI BALTI	TOMATO AND BASIL SAUCE	JUMBO VEGGIE SAUSAGE	THREE BEAN CHILLI	QUORN FLAT BREAD
<b>SIDES</b>	FRAGRANT RICE POPPADUMS MANGO CHUTNEY	FOCACCIA BREAD PENNE PASTA	HOUSE SLAW SPICY JACKET WEDGES	SOURED CREAM GUACAMOLE TOMATO SALSA	TZATZIKI SAUCE SALAD SWEET POTATO FRIES
<b>TOASTIES AND PANNINS</b>	<b>TOASTIE OF THE DAY</b>	TOASTIE OF THE DAY	<b>TOASTIE OF THE DAY</b>	TOASTIE OF THE DAY	TOASTIE OF THE DAY
<b>EVERY DAY</b>	JACKET POTATO AND FILLINGS	JACKET POTATO AND FILLINGS	JACKET POTATO AND FILLINGS	JACKET POTATO AND FILLINGS	JACKET POTATO AND FILLINGS

# LUNCH

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	BUILD YOUR OWN CHICKEN SINGAPORE STYLE NOODLES	<b>MEATBALLS IN TOMATO AND BASIL SAUCE</b>	SUB BAR	<b>CHICKEN FAJITA</b>	FISH FRIDAY
<b>MEAT FREE</b>	BUILD YOUR OWN VEGGIE SINGAPORE NOODLES	ROASTED RED PEPPER IN MARINARA SAUCE	VEGGIE SUB	QUORN FAJITA	FISHLESS FISH FINGERS
<b>SIDES</b>	SPRING ROLLS	TRI COLORE PASTA GARLIC FOCACCIA	CAJUN WEDGES CRISPY SALAD	MEXICAN RICE	CHUNKY CHIPS MUSHY PEAS
<b>TOASTIES AND PANINIS</b>	<b>TOASTIE OF THE DAY</b>	TOASTIE OF THE DAY	<b>TOASTIE OF THE DAY</b>	TOASTIE OF THE DAY	TOASTIE OF THE DAY
<b>EVERY DAY</b>	JACKET POTATO AND FILLINGS	JACKET POTATO AND FILLINGS	JACKET POTATO AND FILLINGS	JACKET POTATO AND FILLINGS	JACKET POTATO AND FILLINGS

# LUNCH

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	SPAGHETTI BOLOGNAISE	PULLED PORK WRAPS	KATSU CHICKEN	CUMBERLAND SAUSAGE	BURGER BAR
MEAT FREE	ROASTED PEPPER AND TOMATO SAUCE	PULLED JACKFRUIT WITH MIXED BEANS	HALLOUMI AND SWEETCORN FRITTERS	QUORN SAUSAGES	VEGETABLE BURGER
SIDES	GARLIC BREAD	SALSA SOURCREAM GUACAMOLE	SEASONED FRIES SWEETCORN PEAS	CREAMY MASH POTATO GARDEN PEAS GRAVY	WAFFLE FRIES ONION RINGS BAKED BEANS
TOASTIES AND PANINIS	TOASTIE OF THE DAY	TOASTIE OF THE DAY	TOASTIE OF THE DAY	TOASTIE OF THE DAY	TOASTIE OF THE DAY
EVERY DAY	JACKET POTATOES AND FILLINGS	JACKET POTATO AND FILLINGS	JACKET POTATO AND FILLING	JACKET POTATOES AND FILLINGS	JACKET POTATOES AND FILLINGS