

WEEK 1	Breakfast	Lunch	Salad Bar	Supper
<u>Monday</u>	Cereal or Porridge Toast and Preserves Fresh Fruit Platter Fruit Juice	Beef Bolognaise (GF) Carrot & Lentil Bolognaise (GF, V) Pasta, Seasonal Vegetables Garlic Bread	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Pork & Ginger Stir-Fry Vegetarian Stir-Fry Noodles Stir-Fried Vegetables, Prawn Crackers Fresh Fruit Iced Cupcakes
		Fresh Fruit		
<u>Tuesday</u>	Cereal or Porridge Bacon & Scrambled Eggs Toast and Preserves Fresh Fruit Platter Fruit Juice	Chicken with Orzo and Lemon Tomato Tart (V) Saute Potatoes Seasonal Vegetables, Salad	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Homemade Soup & Roll Chicken & Chorizo Paella Roasted Vegetable Paella (v) Cheese & Biscuits
		Jam Sponge with Custard		
<u>Wednesday</u>	Cereal or Porridge Baked Beans & Fried Egg Toast and Preserves Fresh Fruit Platter Fruit Juice	Roast Turkey & Stuffing Stuffed Peppers (v) Yorkshire Pudding Roast Potatoes Seasonal Vegetables	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Beef Chilli Vegetable & Bean Chilli (v) Potato Wedges, Tortilla Wrap, Guacamole, Salsa, Sour Cream
		Strawberry Cheesecake		
<u>Thursday</u>	Cereal or Porridge Continental Breakfast Table Toast and Preserves Fresh Fruit Platter Fruit Juice	Oven-Baked Pork Sausages Vegetable Sausages (v) Herby Diced Potatoes Green Beans Baked Beans	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	A Selection of Pasta (v) Tomato/Carbonara/Cheese Sauce Mixed Salad Garlic Bread Fresh Fruit, Cheese and Biscuits Chocolate Mousse
		Yoghurt & Melon		
<u>Friday</u>	Cereal or Porridge Pancakes Crispy Streaky Bacon, Maple Syrup Toast and Preserves Fresh Fruit Platter Fruit Juice	Battered Cod Jumbo Fish Fingers Fish Dish of the Day Chipped Potatoes Garden Peas, Mushy Peas	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Chicken Souvlaki Roasted Vegetables (v) Couscous, Tzatziki (yoghurt & mint dip) Green Salad, Flat Bread Iced Doughnut
		Arctic Roll		
<u>Saturday</u>	Cereal or Porridge Full English Breakfast Toast and Preserves Fresh Fruit Platter Fruit Juice	Pork Meatballs Vegetable Balls (v) Spaghetti , Tomato Sauce Sweetcorn Garlic Bread	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Pizza Night A Selection of Homemade Pizzas Potato Wedges Salads Ben & Jerry's
		Fruit Jelly & Cream, Fresh Fruit		
<u>Sunday</u>	Cereal or Porridge Freshly Baked Croissant Chocolate Spread Toast and Preserves Fruit Juice	Roast Lamb with Mint Sauce Lentil & Quorn Roast (v) Yorkshire Pudding Roast Potatoes Cauliflower with Cheese Sauce, Green Beans		Hot/Cold Buffet Soup & Rolls A Selection of Fresh Fruit
		Ice Cream Bar, Fresh Fruit		

WEEK 2	Breakfast	Lunch	Salad Bar	Supper
<u>Monday</u>	Cereal or Porridge Tea Cakes/Crumpets Toast & Preserves Fresh Fruit Platter Fruit Juice	Katsu Chicken Curry Vegetable Katsu (v) Steamed Rice Stir Fry Vegetables Prawn Crackers	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Savoury Minced Beef in Yorkshire Pudding Roasted Vegetable & Cheese Yorkshire Pudding (V) A Selection of Fresh Fruit Cheese and Biscuits Jelly & Fruit
		Chocolate Brownie, Fresh Fruit		
<u>Tuesday</u>	Cereal or Porridge Baked Beans Hash Brown Toast & Preserves Fresh Fruit Platter Fruit Juice	Greek Pastitsio Roasted Vegetable Pastitsio (v) Seasonal Vegetables Garlic Bread	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Breaded Fish Fingers Vegetable Fingers (v) Chips, Garden Peas A Selection of Fresh Fruit Cheese and Biscuits Victoria Sponge Cake
		Creamy Rice Pudding & Jam Sauce, Fresh Fruit		
<u>Wednesday</u>	Cereal or Porridge Eggy Bread Fruit Compote Toast & Preserves Fresh Fruit Platter Fruit Juice	Roast Beef, Horseradish Feta Cheese & Red Pepper Frittata (v) Yorkshire Pudding Roast Potatoes Seasonal Vegetables	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Homemade Soup & Roll A selection of Pizza's Wedges, Mixed Salad, Coleslaw A Selection of Fresh Fruit Cheese and Biscuits
		Syrup Sponge & Custard, Fresh Fruit		
<u>Thursday</u>	Cereal or Porridge Breakfast Bake (Waffle, Bacon, Egg, Cheese) Toast & Preserves Fresh Fruit Platter Fruit Juice	Thin Pork Sausages Vegetable Sausages (v) Mashed Potatoes baked Beans Ratatouille	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	A Selection of Pasta Tomato/Carbonara/Pesto Sauce Garlic Bread A Selection of Fresh Fruit Cheese and Biscuits Carrot Cake Traybake
		Yoghurt & Fresh Fruit		
<u>Friday</u>	Cereal or Porridge Toasted Bagel, Cream Cheese, Sliced Ham Toast & Preserves Fresh Fruit Platter Fruit Juice	Battered Cod Breaded Fish Fingers Fish Dish of the Day Chipped Potatoes Garden Peas, Mushy Peas	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Tandoori Chicken Kebab Vegetable Kebab (v) Fragrant Savoury Rice Salads & Dips Doughnuts
		Chocolate Chip Cookies, Fresh Fruit		
<u>Saturday</u>	Cereal or Porridge Full English Breakfast Toast & Preserves Fresh Fruit Platter Fruit Juice	Chilli Con Carne Carrot & Lentil Chilli (v) Steamed Rice Tortilla Chips, Guacamole, Salsa Sour Cream	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Burger Night Vegetable Bean Burger (v) Brioche Bun Potato Wedges Coleslaw, Salads A Selection of Fresh fruit Ben & Jerry's
		Fruit Yoghurt, Fresh Fruit		
<u>Sunday</u>	Cereal or Porridge Freshly Baked Croissant Chocolate Spread Fresh Fruit Platter Fruit Juice	Roast Pork & Apple Sauce Vegetable Roast (v) Yorkshire Pudding Roast Potatoes Seasonal Vegetables		Hot/Cold Buffet Soup & Rolls A Selection of Fresh Fruit
		Ice Cream Bar, Fresh Fruit		

WEEK 3	Breakfast	Lunch	Salad Bar	Supper
<u>Monday</u>	Cereal or Porridge Tea Cakes, Crumpets Toast & Preserves Fresh Fruit Platter Fruit Juice	Savoury Mince & Dumpling Vegetable Crumble (V) New Parsley Potatoes Seasonal Vegetables	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	BBQ Pulled Pork Fajita Roasted Vegetable Fajita (V) Guacamole, Sour Cream, Salsa, Salad Potato Wedges Cheese & Biscuits Fruit Platter
		Lemon Drizzle Cake, Fresh Fruit		
<u>Tuesday</u>	Cereal or Porridge Eggy Bread Toast & Preserves Fresh Fruit Platter Fruit Juice	Pasta with Chicken and Chorizo Seasonal Vegetables Mixed Salad Garlic Bread	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Cumberland Sausages Vegetable Sausage (v) Mashed Potatoes, Seasonal Vegetables A Selection of Fresh Fruit Cheese & Biscuits Arctic Roll
		Natural Yoghurt & Berry Compote, Fresh Fruit		
<u>Wednesday</u>	Cereal or Porridge Potato Waffles, Fried Egg, Baked Beans Toast & Preserves Fresh Fruit Platter Fruit Juice	Roast Pork & Stuffing Vegetable & Lentil Roast (v) Yorkshire Pudding Roast Potatoes Seasonal Vegetables	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Homemade Soup Hot filled Baguette Jacket Potatoes/Fillings Mixed Salad A Selection of Fresh Fruit Cheese & Biscuits
		Apple Crumble with Fresh Cream, Fresh Fruit		
<u>Thursday</u>	Cereal or Porridge Continental Buffet Toast & Preserves Fresh Fruit Platter Fruit Juice	Tender Beef Curry Thai Quorn Curry (v) Braised Rice, Stir-fried Vegetables Naan Bread	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Chilli Chicken Taco Vegetable & Bean Chilli(v) Boiled Rice, Guacamole, Salsa, Sour cream, Grated Cheese Shortbread Biscuit
		Australian Crunch, Fresh Fruit		
<u>Friday</u>	Cereal or Porridge Bacon Roll Toast & Preserves Fresh Fruit Platter Fruit Juice	Battered Cod Jumbo Fish Fingers Fish Dish of the Day Chipped Potatoes Garden Peas, Mushy Peas	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Sweet Chilli Glazed Pork Loin Vegetable Kebab (v) Roasted Vegetable, Noodles Mixed Salad, Pitta Bread Fresh Fruit, Doughnuts
		Chocolate Mousse, Fresh Fruit		
<u>Saturday</u>	Cereal or Porridge Full English Breakfast Toast & Preserves Fresh Fruit Platter Fruit Juice	Pork Meatball Quorn Balls (v) Penne Pasta, Tomato Sauce Garlic Bread Mixed Salad	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Pizza Night A Selection of Meat & Vegetarian Pizza (v) Mixed Salad Potato Wedges A Selection of Fresh Fruit Ben & Jerry's
		American Pancake, Banana & Toffee Sauce, Fresh Fruit		
<u>Sunday</u>	Cereal or Porridge Freshly Baked Croissant Toast & Preserves Fresh Fruit Platter Fruit Juice	Roast Beef & Horseradish Sauce Vegetable Roast (v) Yorkshire Pudding Roast Potatoes Cauliflower with Cheese Sauce, Green Vegetables		Cold Buffet Soup & Rolls A Selection of Fresh Fruit
		Ice Cream, Fresh Fruit		

WEEK 4	Breakfast	Lunch	Salad Bar	Supper
<u>Monday</u>	Cereal or Porridge Teacakes, Crumpets Toast & Preserves Fresh Fruit Platter Fruit Juice	Sweet & Sour Chicken Sweet & Sour Quorn (v) Steamed Rice Stir Fried Vegetables	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Cottage Pie Vegetable Pie (v) Garden Peas Jacket Potato with Cheese or Tuna Mayonnaise Fruit Platter
		Chocolate Sponge, Chocolate Sauce, Cream, Fresh Fruit		
<u>Tuesday</u>	Cereal or Porridge Bacon Roll Toast & Preserves Fresh Fruit Platter Fruit Juice	Baked Pork Sausages Vegetable or Quorn Sausages (v) French Roasted New Potatoes Seasonal Vegetables	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Mac and Cheese Garlic Bread, Mixed Salad A selection of Fresh fruit Cheese and Biscuits Apple Strudel & Cream
		Fruit Jelly & Cream		
<u>Wednesday</u>	Cereal or Porridge Hash Brown, Scrambled Egg Baked Beans Toast & Preserves Fresh Fruit Platter Fruit Juice	Roast Gammon Vegetable & Lentil Roast (v) Yorkshire Puddings Roast Potatoes Baton Carrots, Broccoli	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Crispy Chicken Fajitas Roasted Vegetable Fajita (v) Sour Cream, Guacamole, Salsa French Fries, Green Salad Cheese and Biscuits Sorbet & Fruit
		Chocolate Krispie		
<u>Thursday</u>	Cereal or Porridge American Pancakes Fruit Compote Toast & Preserves Fresh Fruit Platter Fruit Juice	Chicken Pasta Bake Roasted Vegetable Pasta Bake (V) Seasonal Vegetables Garlic Bread	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Homemade Soup (v) Jacket Potato Bar Bread Roll Cookies
		Yoghurt & Fruit Platter		
<u>Friday</u>	Cereal or Porridge Toasted Bagel Cream Cheese, Smoked Salmon, Ham Toast & Preserves Fresh Fruit Platter Fruit Juice	Battered Cod Jumbo Fish Fingers Fish Dish of the Day Chipped Potatoes Garden Peas, Mushy Peas	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressing	Greek Chicken Gyros Quorn & Vegetable Gyros (v) Flatbreads Salads & Dressings A Selection of fresh Fruit Doughnuts
		Neapolitan Ice Cream, Fresh Fruit		
<u>Saturday</u>	Cereal or Porridge Full English Breakfast Toast & Preserves Fresh Fruit Platter Fruit Juice	Keema Curry Quorn Keema (v) Steamed Rice, Naan Bread Mango Chutney Green Beans	A Selection of Protein Items Leafy & Composite Salads Jacket Potatoes Baked Sweet Potatoes Selection of Breads & Dressings	Burger Night Spicy Bean Burger (v) Brioche, Lyonnaise Potatoes Mixed Salad A Selection of Fresh Fruit Cheese and Biscuits Ben & Jerry's
		Yoghurts, Fresh Fruit or Cakes		
<u>Sunday</u>	Cereal or Porridge Freshly Baked Croissant Toast & Preserves Fresh Fruit Platter Fruit Juice	Oven baked Pork Sausages Vegetable & Lentil Roast (v) Yorkshire Pudding Roast Potatoes Seasonal Vegetables	Hot/Cold Buffet Soup & Rolls A Selection of Fresh Fruit	
		Ice cream bar, Fresh Fruit		