

# Breakfast

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Orange Juice Pineapple & Strawberry Infused Water	Apple Juice Orange & Lime Infused Water	Orange Juice & Cucumber Infused Water	Apple Juice Strawberry & Blueberry Infused Water	Orange Juice & Pear Infused Water	Apple & Orange Juice Raspberry & Apple Infused Water	Apple & Orange Juice Watermelon Infused Water
<b>HOT ITEMS</b>	Grilled Bacon or Sausage Sandwich	Grilled Sausages Scrambled Eggs Baked Beans Hash Browns	Breakfast Wrap Bacon, Beans, Sausage & Hash Brown	French Toast, Grilled Tomato, Sautéed Mushroom	Grilled Back Bacon Scrambled Eggs Hash Browns Baked Tomatoes	Freshly Baked Croissants Stuffed with Ham and Cheese	Brunch  Bacon Sausage Fried Eggs Baked Beans Mushrooms Hash Browns
<b>VEGETARIAN HOT ITEM</b>	Grilled Quorn Sausage Sandwich	Vegan Fry Up	Vegetarian Breakfast Wrap Mushrooms, Beans, Hash Brown	Mushrooms and Spinach on Toast	Quorn Sausages	Spinach and Cheese Stuffed Croissant	
<b>DAILY SPECIAL</b>	Pan Fried Potatoes, with Soft Egg	Pain au Chocolate	American Style Pancakes with Selection of Toppings	Breakfast Smoothies	Croissants	Cheese on Toast	Continental Meats & Cheeses
<b>DAILY BREAKFAST ITEMS</b>	Porridge Station  Cows Milk, Soya Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk, Soya Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk, Soya Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk, Soya Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk, Soya Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk, Soya Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk, Soya Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves
<b>FRUIT</b>	Whole Fruit	Sliced Fresh Fruit	Whole Fruit	Sliced Fresh Fruit	Whole Fruit	Whole Fruit	Sliced Fresh Fruit



# Breakfast

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Orange Juice Pineapple & Strawberry Infused Water	Apple Juice Orange & Lime Infused Water	Orange Juice & Cucumber Infused Water	Apple Juice Strawberry & Blueberry Infused Water	Orange Juice & Pear Infused Water	Apple & Orange Juice	Apple & Orange Juice
<b>HOT ITEMS</b>	Grilled Back Bacon, Spanish Tortilla; Baked Beans	Grilled Sausages Scrambled Eggs Baked Beans Hash Browns	Breakfast Wrap Bacon, Beans, Sausage & Hash Brown	Spinach, Bacon and Cheddar Frittata	Scrambled Egg, Spinach and Ham Wraps	Baked Sausages Poached Eggs Baked Beans Sauteed Potatoes	Brunch  Bacon Sausage Fried Eggs Baked Beans Mushrooms Hash Browns Tofu Scrambled Egg
<b>VEGETARIAN HOT ITEM</b>	Quorn Sausages	Vegetarian Breakfast Wrap Mushrooms, Beans, Hash Brown	French Toast, Grilled Tomato, Sautéed Mushroom	Toasted Wholemeal Bloomer with Sautéed Mushrooms	Scrambled Egg, Spinach and Cheese Wraps	Grilled Quorn Sausages	
<b>DAILY SPECIAL</b>	Croissant	Breakfast Smoothies	Pain au Chocolate	Toasted Bagels	Honey and Cinnamon Churros	Poached Eggs on Toast	Continental Meats & Cheeses  Smoothie
<b>DAILY BREAKFAST ITEMS</b>	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves
<b>FRUIT</b>	Whole Fruit	Sliced Fresh Fruit	Whole Fruit	Sliced Fresh Fruit	Whole Fruit	Whole Fruit	Sliced Fresh Fruit



# Breakfast

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HYDRATION</b>	Orange Juice Pineapple & Strawberry Infused Water	Apple Juice Orange & Lime Infused Water	Orange Juice & Cucumber Infused Water	Apple Juice Strawberry & Blueberry Infused Water	Orange Juice & Pear Infused Water	Apple & Orange Juice	Apple & Orange Juice
<b>HOT ITEMS</b>	Grilled Back Bacon Poached Egg Sautéed Mushrooms Baked Beans Hash Browns	Breakfast Quesadillas Bacon and Sausage Cheese and Eggs	Continental Breakfast with Sliced Meats, Cheeses	Grilled Sausages Poached Eggs Baked Beans Hash Browns	French Breakfast, Cheese & Tomato Filled Croissants	Sautéed Chorizo Hash, with Tomatoes	Brunch
<b>VEGETARIAN HOT ITEM</b>	Tofu Scrambled Eggs	Breakfast Quesadillas Spinach and Cheese	Vegan Fry up	Quorn Sausages	Mushrooms and Spinach on Toast	Quorn Sausages	Bacon Sausage Fried Eggs Baked Beans Mushrooms Hash Browns Tofu Scrambled Egg
<b>DAILY SPECIAL</b>	French Toast with Forest Fruits	English Muffins	Pain au Chocolat	Scotch Pancakes with Blueberry and Whip Honey Yogurt	Croissant	Pain au Chocolat	Smoothie
<b>DAILY BREAKFAST ITEMS</b>	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves	Porridge Station  Cows Milk & Oat Milk  Cereals  Yoghurt Station  Toast & Preserves
<b>FRUIT</b>	Whole Fruit	Sliced Fresh Fruit	Whole Fruit	Sliced Fresh Fruit	Whole Fruit	Whole Fruit	Sliced Fresh Fruit



# Morning and Afternoon Break

PRE-PREP WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter
AFTERNOON BREAK	Wholemeal Pitta Pizza	Lighter Lemon Drizzle	Homemade Pork & Apple Sausage Roll or Vegan Mushroom and Leek Sausage Roll	Banana Bread	Healthy Honey Seeded Flapjack



# Morning and Afternoon Break

PRE- PREP WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter
AFTERNOON BREAK	Cheddar Cheese Straws	Sweet Potato Brownie	Lighter Lemon Drizzle	Granola Bar	Cheese & Tomato Pizza Bagels



# Morning and Afternoon Break

PRE-PREP WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter	Selection of Whole Fruit or Wholemeal Bread with Butter
AFTERNOON BREAK	Pain au Chocolat	Classic Shortbread	Plain Bagel with Cream Cheese	Healthy Honey Seeded Flapjack	Classic Pork & Onion Sausage Roll or Vegan Sausage Roll



# Morning and Afternoon Break

PREP WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING BREAK	Wholemeal Pitta Pizza	Lighter Lemon Drizzle	Homemade Pork & Apple Sausage Roll or Vegan Mushroom and Leek Sausage Roll	Banana Bread	Healthy Honey Seeded Flapjack	Chocolate Chip Shortbread Biscuit	
AFTERNOON BREAK	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit		
EVERY DAY	Hydration Station						



# Morning and Afternoon Break



PREP WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING BREAK</b>	Cheddar Cheese Straws	Sweet Potato Brownie	Lighter Lemon Drizzle	Granola Bar	Cheese & Tomato Pizza Bagels	Home Baked Chocolate Chip Cookies	
<b>AFTERNOON BREAK</b>	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit		
<b>EVERY DAY</b>	Hydration Station Whole Fruit						




# Morning and Afternoon Break



PREP WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING BREAK	Pain au Chocolat	Classic Shortbread	Plain Bagel with Cream Cheese	Healthy Honey Seeded Flapjack	Classic Pork Sausage Roll	Goopy Chocolate Brownie	
AFTERNOON BREAK	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit	Selection of Whole Fruit		
EVERY DAY	Hydration Station Whole Fruit						



# Lunch

PRE-PREP WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN EVENT</b>	 <b>PLANT BASED POWER</b> Lightly Spiced Quorn Pie with Sweet Potato Mash & Minted Jus	Roast Chicken Thigh with Gravy	Beef Rogan Josh	Spanish Chicken & Chorizo Paella	Prime British Beef Burger in a Soft Bap Homemade Burger Relish
<b>PLANT BASED</b>	Vegan Shepherds Pie with Sweet Potato Mash	Beetroot, Butternut Squash, Vegan Cheese & Sage Wellington	Quorn, Sweet Potato & Spinach Curry	Tomato & Roasted Pepper Vegan Pasta Bake	Homemade BBQ Bean Burger in a Soft Bap with Burger Relish
<b>SIDES</b>	Buttered Green Cabbage Roasted Carrots	Roasted New Potatoes Courgettes Cauliflower	Basmati Rice Mini Poppadum's Sweetcorn Broccoli	Homemade Garlic Slice Green Beans Peppers & Onions	Potato Wedges Baked Beans Steamed Peas
<b>DESSERT</b>	Lemon Curd Sponge with Custard	White Chocolate Fudge Pot	Gingerbread Cake with Lemon Sauce	Traffic Light Jelly	Raspberry & Vanilla Fool
<b>SALAD BAR</b>	A Selection of Simple and Composite Salads				
<b>EVERY DAY</b>	A Selection of Jacket Potatoes, Sweet Potato and Various Toppings Yoghurt Pots Whole Fruit				




# Lunch

PRE PREP WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN EVENT	<b>PLANT BASED POWER</b> Quorn Pieces Tikka Masala	Braised Beef and Vegetable Pie	Chicken & Chorizo Paella	Cumberland Pork Sausage or Chicken Sausage with Gravy	Fish Finger Sub Roll
PLANT BASED	Creamy Tofu Chickpea Curry	Root Vegetable and Lentil Pie	'Beyond' Sausage Vegan Paella	Vegan Sausages with Gravy	Vegan 'Fishless' Fingers
SIDES	Sticky Rice Poppodum Onion Bhaji Broccoli Carrots	New Potatoes Steamed Sweetcorn Spring Vegetables	Home Baked Wedges Roasted Peppers and Onions Sweetcorn	Mashed Potato Roast Carrot Courgette	French Fries Steamed Peas Baked Beans
DESSERT	Chocolate Sponge and Chocolate Custard	Honey Drizzled Flapjack	Bread and Butter Pudding	Fruit Jelly	Strawberry Jam Sponge and Custard
SALAD BAR	A Selection of Simple and Composite Salads				
EVERY DAY	A Selection of Jacket Potatoes, Sweet Potato and Various Toppings Yoghurt Pots Whole Fruit				




# Lunch

PRE PREP WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN EVENT	<b>PLANT BASED POWER</b>  Quorn Fajitas	Roast Bacon Steak with Gravy and Stuffing	Prime 4oz British Beef Burger in a Wholemeal Bap	Beef Bolognese	Battered Sustainable Fish Served with Lemon Wedge and Tartare Sauce
PLANT BASED	Mushroom, Blackbean and Vegan Cheese Quesadilla and Rice	Aubergine Bake with Crispy Crumb Topping	Quinoa and Vegan Feta Burger in a Soft Bap	Tomato & Roasted Pepper Vegan Pasta Bake Topped with Vegan Cheese	Pea Fritter Served with Lemon Wedge
SIDES	Sweet Potato Wedges Carrots Broccoli Homemade Garlic Slice	Roasted New Potatoes Sauteed Courgettes Steamed Cauliflower	Potato Wedges Baked Beans Sweetcorn	Spaghetti Steamed Green Beans Sauteed Peppers & Onions	Chunky Chips Baked Beans Steamed Peas
DESSERT	Warm Chocolate Sponge with Vanilla Cream	Fresh Fruit Salad	Lemon Sponge Cake with Custard	Goopy Chocolate Brownie	Classic Bread and Butter Pudding with Custard
SALAD BAR	A Selection of Simple and Composite Salads				
EVERY DAY	A Selection of Jacket Potatoes, Sweet Potato and Various Toppings Yoghurt Pots Whole Fruit				



# Lunch

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP &amp; BREAD</b>	Curried Potato & Spinach White Baguette	Tomato & Basil Roasted Onion Bread	Carrot & Orange Seeded Bloomer	Lentil & Butterbean Olive Focaccia	Summer Root Vegetable Multi Seeded Bread		
<b>MAIN EVENT</b>	<b>PLANT BASED POWER</b>  Lightly Spiced Quorn Pie with Sweet Potato Mash & Minted Jus	Roast Chicken Thigh with Gravy	Beef Rogan Josh	Spanish Chicken & Chorizo Paella	Prime British Beef Burger in a Soft Bap with Homemade Burger Relish	French Pork Blanquette With Mushroom Rice	
<b>PLANT BASED</b>	Vegan Shepherds Pie with Sweet Potato Mash	Beetroot, Butternut Squash, Vegan Cheese & Sage Wellington	Quorn, Sweet Potato & Spinach Curry	Tomato & Roasted Pepper Pasta Bake Topped with Cheese	Homemade BBQ Bean Burger in a Soft Bap with Burger Relish	Baked Stuffed Mushrooms, Puy Lentils and Tomato	Light Lunch
<b>SIDES</b>	Buttered Green Cabbage Roasted Carrots	Roasted Parmesan New Potatoes Sauteed Courgettes Steamed Cauliflower	Braised Onion Rice Mini Poppadum's Saag Aloo Tomato, Coriander & Onion Salad	Homemade Garlic Slice Steamed Green Beans Sauteed Peppers & Onions	Hand Cut Wedges Baked Beans Steamed Peas	Garlic Bread Steamed Broccoli Italian Parmesan Salad	
<b>DESSERT</b>	Lemon Curd Sponge with Custard	Oat Milk Rice Pudding and Raspberry Compote	Gingerbread Cake with Lemon Sauce	Traffic Light Jelly	Raspberry & Vanilla Fool	Baked Orange and Polenta Cookies	
<b>EVERY DAY</b>	A Selection of Simple and Composite Salads A selection of Jacket Potatoes, Sweet Potato and Various Toppings Whole Fruit						



# Lunch

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP & BREAD	Butternut Squash, Tomato Bread	Cream of Onion Wholemeal Cobb	Chunky Vegetable Flat Bread	Cauliflower, Crusty White Bloomer	Parsnip & Apple Soup Spiced Curry Bread		
MAIN EVENT	<b>PLANT BASED POWER</b> Quorn Tikka Masala with Poppadum & Mango Chutney	Braised Beef & Vegetable Pie	Chicken & Chorizo Paella	Cumberland Pork Sausage or Chicken Sausage with Gravy	Breaded Sustainable Fish Served with Lemon Wedge and Tartare Sauce	Thai Coconut Beef Curry	
PLANT BASED	Creamy Tofu Chickpea Curry with Poppadum & Mango Chutney	Root Vegetable and Lentil Pie	'Beyond' Sausage Vegan Paella	Vegan Bean Sausage with Gravy	Battered Vegetable Sausage	Broad Bean, Chilli, and Broccoli Noodles with Seaweed	Light Lunch
SIDES	Sticky Rice Poppadum Onion Bhaji Soy Broccoli Roasted Carrots	Parsley New Potatoes Steamed Peas Root Vegetables	Home Baked Wedges Roasted Peppers and Onions Sweetcorn	Creamy Mashed Potato Roast Carrot Sautéed Courgette	Chunky Chips Baked Beans Corn on the Cob	Fried Rice Prawn Toast Vegetable Spring Rolls	
DESSERT	Chocolate Sponge and Chocolate Custard	Honey Drizzled Flapjack	Bread and Butter Pudding	Fruit Jelly	Strawberry Jam Sponge Cake	Apple Pie and Custard	
EVERY DAY	A selection of simple and composite salad A selection of Jacket Potatoes and various toppings Whole Fruit						



# Lunch

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP &amp; BREAD</b>	Carrot & Ginger White Baguette	Root Vegetable Multi Seeded Bloomer	Lentil & Butterbean White Baguette	Cream of Mushroom, Wholemeal Bread	Leek and Potato Chunky Bread		
<b>MAIN EVENT</b>	<b>PLANT BASED POWER</b> Quorn Fajitas with Nachos and Guacamole	Roast Bacon Steak with Gravy and Stuffing	Prime 4oz British Beef Burger in a Wholemeal Bap	Beef Bolognese	Battered Sustainable Fish Served with Lemon Wedge and Tartare Sauce	Cheddar, Bacon and Leek Quiche	
<b>PLANT BASED</b>	Mushroom, Blackbean and Vegan Cheese Quesadilla and Rice	Aubergine Bake with Crispy Crumb Topping	Quinoa and Vegan Feta Burger in a Soft Bap	Tomato & Roasted Pepper Vegan Pasta Bake Topped with Vegan Cheese	Pea Fritter Served with Lemon Wedge	Roast Tomato and Feta Quiche	
<b>SIDES</b>	Sweet Potato Wedges Carrots Broccoli Homemade Garlic Slice	Roasted New Potatoes Sauteed Courgettes Steamed Cauliflower	Potato Wedges Baked Beans Corn on the Cob	Spaghetti Steamed Green Beans Sauteed Peppers & Onions	Chunky Chips Baked Beans Corn on the Cob	New Potatoes Sautéed Green Beans Spinach	Light Lunch
<b>DESSERT</b>	Warm Chocolate Sponge with Vanilla Cream	Fresh Fruit Salad	Lemon Sponge Cake with Custard	Warm Dark Chocolate Brownie	Poppyseed and Banana Loaf	Granola Yoghurt and Summer Berry Pot	
<b>EVERY DAY</b>	A selection of simple and composite salad A selection of Jacket Potatoes and various toppings Whole Fruit						



# Pre Prep Tea



PRE PREP TEA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>	Chicken and Sweetcorn Wrap	Selection of Sandwiches, Popcorn and Crudité	Stuffed Jacket Baked Potato	Tuna, Pasta and Sweetcorn	Summer Root Vegetable Soup Multi Seeded Bread
<b>WEEK TWO</b>	Cheese and Tomato Pizza Slice	Selection of Sandwiches, Rice Crackers and Crudité	Nut Free Pesto Pasta	Cheese, Ham and Cucumber Wrap	Parsnip & Apple Soup Spiced Curry Bread
<b>WEEK THREE</b>	Wholemeal Tomato Pasta with Ham	Selection of Sandwiches, Crisps and Crudité	Baked Beans or Spaghetti on Toast	Cream Cheese Bagel with Cucumber Sticks	Leek & Potato Soup Chunky Bread
<b>EVERY DAY</b>	A Selection of Salads, Whole Fruits and Sweet Treat				



# Supper

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN EVENT	Cajun & Cool Lime Pork Burritos	Chicken, Black Bean & Spring Onion Stir-fry	Garlic & Herb Panko Chicken Burger in a Soft Bap	Turkey Shawarma with a Warmed Flatbread, Crisp Lettuce, Garlic Mayonnaise	Spare Ribs, Sticky Cola Chicken	Baked Mediterranean Salmon, Chilli, and Parmesan Linguine	Roast Beef, Pan Gravy
VEGETARIAN	Cajun Quorn Burritos	Black Bean, Chestnut Mushroom, Jackfruit & Broccoli Stir fry	Breaded Vegetable Burger in Soft Bap with Garlic Aioli	Spiced Sweet Potato & Chickpea Shawarma with a Warmed Flatbread, Crisp Lettuce & Garlic Mayonnaise	Wild Mushroom, Butterbean & Kale Pasta Bake	Baked Spinach and Cheese Gnocchi Wild Mushroom and Pumpkin Seed	Hasselback Borlotti and Chickpea, Courgette Bake
SIDES	Turmeric Rice Steamed Green Beans Pica de Gallo Sour Cream	Soy Glazed Noodles Prawn Crackers Stir-fried Vegetables	Chunky Chips Caesar Salad Baked Beans	Half Baked Jackets Steamed Sweetcorn Tabbouleh Salad	House Baked Sweet Potato Fries, Garlic Mayo Cider Vinegar Slaw Corn on the Cob	Garlic Flat Bread Rocket and Shaved Parmesan Salad Roasted Peppers	Rosemary Roast Potatoes, Roasted Root Vegetables
DESSERT	Lemon & Blueberry Sponge	Oreo Blondie	Chocolate Chip Krispie Cake	Tea Loaf	Oat Chocolate Chip Biscuits	Baked Passion Fruit Cheesecake	Warm Chocolate Sponge with Vanilla Cream
EVERY DAY	SELECTION OF WHOLE FRUIT						



# Supper

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN EVENT	Selection Of Handmade Pizzas With a Variety Of Vegan and Vegetarian Toppings	Grilled, Soy, Honey Sticky Pork Steak	Panko Breaded Chicken with Ciabatta	Blackened Seasoned Turkey Fajitas BBQ Chilli Jam	Creamy Chicken and Bacon Pasta Bake	Souvlaki Greek Style Gyros Lamb Koftas	Roast Chicken Served with Stuffing
VEGETARIAN		Bubble & Squeak Cake with a Cajun Tomato Sauce	Quorn & Leek Pie with a Puff Pastry Lid & Cider Jus	Spiced Mixed Bean Fajitas	Baked Mushrooms, Oat Cream Bruschetta	Grilled Halloumi with Roasted Red Onion and Pepper	Seeded Butternut Roast
SIDES	Chunky Cheesy Chips Baked Beans Mixed Salad	Crushed Buttered New Potatoes Braised Red Cabbage Steamed Peas	Cajun Fries Roasted Carrots Steamed Peas	Firecracker Rice Corn on the cobb Avocado Wraps	Crusty Rolls Roasted Courgette and Onions	Herby Orzo Beetroot, Garlic & Mint Yoghurt	Roast Potatoes Parsnips Cauliflower Cheese Swede Puree Yorkshire Pudding
DESSERT	Chocolate Marble Cake	Carrot Cake	Vanilla Sponge Cake	White Chocolate Cookies	Traditional Shortbread	Fresh Fruit Salad	Eton Mess
EVERY DAY	SELECTION OF WHOLE FRUITS						



# Supper

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN EVENT	Sweet & Sour Chicken	Lamb Hotpot	Hunters BBQ Chicken with Mature Cheddar	Maple Roasted Chicken Thigh	Cajun Steamed Fish	Chicken, Asparagus and Butternut Lasagne	Roast Turkey with Stuffing
VEGETARIAN	Mushroom, Lentil Risotto	Autumn Vegetable and Bean Pie	Roasted Vegetable Pasta Bake Topped with Cheddar Cheese	Cauliflower Cajun Steak	Quorn Mince Tacos Chilli Soya Jam	Celeriac and Courgette Lasagne	Beetroot and Squash Wellington with Kale Pesto
SIDES	Vegetable Rice Steamed Greens Mixed Peppers	Leek & Cheddar Mashed Potatoes Steamed Peas & Cauliflower	Diced Sautéed Potatoes Braised Leeks Sweetcorn	Roasted Potato Wedges Steamed Carrots Pica de Galo Salad	Dirty Sweet Potato Fries Mixed Peppers Mushy Peas	Roasted Garlic and Kalé Mushrooms	Roast Potatoes, Creamed Leeks, Honey Parsnips
DESSERT	Toffee Yoghurt Pot	Fruit Berry and Vanilla Summer Pudding	Tropical Fruit Salad	Beetroot Brownie	Crumble Dessert Pot	Lemon, and Ginger Sponge	Chocolate Bread and Butter Pudding
EVERY DAY	SELECTION OF WHOLE FRUITS						



# Salad

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Simple Salads</b>	Mixed Leaf Salad Tomato Cucumber Sweetcorn	Mixed Leaf Salad Tomato Cucumber Sliced Peppers	Mixed Leaf Salad Tomato Cucumber Grated Carrot	Mixed Leaf Salad Tomato Cucumber Beetroot	Mixed Leaf Salad Tomato Cucumber Sliced Peppers
<b>Composite Salad One</b>	Mixed Bean, Chive and Lemon	Black Quinoa and Beetroot, Watercress	Fennel, Apple, Red Cabbage Slaw	Artichoke, Red Onions, Sweetcorn, Green Beans	New Potato Salad, Spring Onions, Grilled Lemon
<b>Composite Salad Two</b>	Tomato, Feta, Watermelon Salad, with Fresh Mint	Sweet Potato, Chilli, Spinach and Parsley Salad	Ribbon Oriental Vegetable Salad	Pulled Ham, Pickled Onions, Roasted Cauliflower	Roasted Tomato, Endive, Cucumber and Soft Goat Cheese
<b>Protein Salad</b>	Tuna, Céasar Salad, Green Bean and Croutes	Singapore Glass Noodle Salad, Bean Sprouts Shredded Pak Choi	Pea Pesto Wholemeal Pasta Salad with Shaved Parmesan Cheese	Lebanese Harissa Smoked Aubergines with Feta	Rainbow Asian Slaw, Crispy Nori
<b>EVERY DAY</b>	Mixed Leaf Salad, Olive Oil, Balsamic Vinegar, Seeds and Croutons, Chilli Flakes				



# Salad

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Simple Salads</b>	Mixed Leaf Salad Tomato Cucumber Sweetcorn	Mixed Leaf Salad Tomato Cucumber Sliced Peppers	Mixed Leaf Salad Tomato Cucumber Grated Carrot	Mixed Leaf Salad Tomato Cucumber Beetroot	Mixed Leaf Salad Tomato Cucumber Sliced Peppers
<b>Composite Salad One</b>	Baked Sweet Potato, and Three Onion Salad	Grilled Cucumber, Shredded Red Cabbage	Baked Mixed Peppers, Feta Grilled Baby Gem	Creamy Potato and Chive Salad	Kale, Carrot & Feta Salad
<b>Composite Salad Two</b>	Herb Infused Scented Cous Cous with Spring Onion	Caesar Dressed Cos Lettuce Salad with Croutons	Balsamic Glazed Pasta Salad with Chives and Tomatoes	Lightly Spiced Roasted Carrot and Fennel Salad	Curry Spiced Chickpea Salad with Sultanas
<b>Protein Salad</b>	Tuna Mayonnaise	Cumin Spiced Aubergine Carrot Hummus	Classic Chicken Caesar Salad	Pear, Blue Cheese and Celery, Sunflower Seed	Feta, Beetroot and Orange Salad
<b>EVERY DAY</b>	Mixed Leaf Salad, Olive Oil, Balsamic Vinegar, Seeds and Croutons, Chilli Flakes				



# Salad

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Simple Salads</b>	Mixed Leaf Salad Tomato Cucumber Sweetcorn	Mixed Leaf Salad Tomato Cucumber Sliced Peppers	Mixed Leaf Salad Tomato Cucumber Grated Carrot	Mixed Leaf Salad Tomato Cucumber Beetroot	Mixed Leaf Salad Tomato Cucumber Sliced Peppers
<b>Composite Salad One</b>	Mixed Bean, Chive and Lemon	Fennel, Apple, Red Cabbage Slaw	Squash, Quinoa and Rocket Salad	Vegan Coleslaw with Pear and Carrot	New Potato Salad, Spring Onions, Grilled Lemon
<b>Composite Salad Two</b>	Sweet Chilli Egg Noodles	Lightly Spiced Vegetable Cous Cous	Creamy Potato Salad with Fresh Chives	Tomato and Basil Pasta Salad	Black Bean Marinated Oriental Vegetable Salad
<b>Protein Salad</b>	Tuna, Caesar Salad , Green Bean and Croutes	Singapore Noodle Salad, Bean Sprouts Shredded Pak Choi	Boiled Egg and Spinach Salad	Broccoli & Red Onion Salad	Kale Salad with Quinoa and Chicken
<b>EVERY DAY</b>	Mixed Leaf Salad, Olive Oil, Balsamic Vinegar, Seeds and Croutons, Chilli Flakes				