

# Weekly Menu

## Week 3

| Meal                | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  | Sunday                                |
|---------------------|--|--|---|--|--|---|---------------------------------------|
| Breakfast           |  |  |   |  |  |   |                                       |
| Hot Counter         | Grilled Bacon Scrambled Egg  | Pork Sausage Hash Browns                                   | Grilled Bacon Poached Egg   | Pork Sausage Potato Fritters                                       | Grilled Bacon Scrambled Egg  | Brunch  | Brunch                                |
| Fruit & Yoghurt Bar | Plain Yoghurt Mixed Berries  | Plain Yoghurt Blueberries                                  | Plain Yoghurt Oats & Strawberries                                       | Plain Yoghurt Granola  | Plain Yoghurt Blackberries   | Plain Yoghurt Sultanas & Seeds                                      | Plain Yoghurt Raspberries             |
| Cereal Bar          | Cereal or Porridge   | Cereal or Porridge   | Cereal or Porridge  | Cereal or Porridge   | Cereal or Porridge   | Cereal or Porridge  | Cereal or Porridge                    |
| Lunch               |  |  |   |  |  |   |                                       |
| Main Option 1       | Spanish Chicken, Chorizo & Pepper Stew served with Pasta             | Beef & Vegetable Pie with Shortcrust Pastry                | Chicken Biryani served with a Curry Sauce Condiments                    | Beef Chilli Con Carne with Tomato Rice                             | Freshly Battered Fish with Tartar Sauce & Lemon Wedges or Fish Escovitch | Pork Patties served in a Muffin                                     | Smoked Haddock Kedgeree               |
| Main Option 2       | Sausages with Mashed Potato & Onion Gravy                            | Thai Red Chicken Leg served with Lemon Rice                | Italian Style Beef Meatballs served with a Tomato Sauce & Pasta         | Harissa Chicken Drumsticks with a Harissa Gravy                    | Beef or Breaded Turkey Burgers   | Chicken Sausages  | Bacon                                 |
| Main Option 3       | Cannelloni Pasta Bake in a Fresh Tomato Sauce Parmigiano & Basil Oil | Mushroom Stroganoff served with Rice, Sour Cream & Parsley | Broccoli & Blue Cheese Tarts with Pear Chutney                          | Roasted Vegetables with Spiced Couscous & Coriander Houmous        | Vegetable & Herb Crumble with Sour Cream & Chives                        | Fried Eggs  | Scrambled Egg                         |
| Sides               | Steamed New Potatoes Yellow Rice Cabbage Cauliflower with Parsley    | Roasted Potatoes Lemon Rice Steamed Baton Carrots Broccoli | Rosemary Roasted Potatoes, Rice Roasted Med Veg Green Beans & Red Onion | New Potatoes Special Tomato Rice Sweetcorn Green Vegetables        | Chipped Potatoes Plain Rice Garden Peas Thyme Roasted Tomatoes           | Oven Baked Potato Waffle Field Mushrooms Grilled Tomato Baked Beans | Hash Browns Baked Beans Plum Tomatoes |
| Pasta Bar           | Neapolitan Sauce Beef Bolognaise                                     | Neapolitan Sauce Bacon & Mushroom                          | Neapolitan Sauce Lamb & Spinach   | Neapolitan Sauce Chicken & Roasted Veg                             | Neapolitan Sauce Spicy Beef Arrabbiata                                   | Smoothies   | Hot Chocolate                         |
| Soup & Bread        | Selection of freshly baked breads                                    | Selection of freshly baked breads                          | Selection of freshly baked breads                                       | Selection of freshly baked breads                                  | Selection of freshly baked breads  | Chocolate Twists  | Pain au Chocolate                     |
| Dessert             | Apple Crumble with Custard Cut Fruit Jelly Pots                      | Chocolate Sponge with Chocolate Sauce Cut Fruit Jelly Pots | Jam Sponge with Custard Cut Fruit Jelly Pots                            | Chocolate Bread & Butter Pudding with Custard Cut Fruit Jelly Pots | Lemon Drizzle Sponge with Custard Cut Fruit Jelly Pots                   | Cut Fruit   | Cut Fruit                             |