

Weekly Menu

Week 1

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	Sweet & Sour Chicken with Pineapple & Peppers	Braised Beef & Onion Pie or Breaded Fish	Chicken Tikka Masala with Rice & Condiments	Beef Bolognese served with Spaghetti & Garlic Bread	Freshly battered fish with Tartar Sauce & Lemon Wedges	Handmade Pork Patties in a Muffin	Panini's with Chicken & Cheese Ham & Cheese
Main Option 2	Creamy Ham & Cheese Pasta Bake	BBQ Pork with Rice & Peas	Pork Sausages served with a Thyme Gravy	Peri Peri Chicken Legs served with Flat Bread & Lemon Mayonnaise	Beef or Breaded Turkey Burgers	Chicken Sausages	Bacon
Main Option 3	Ricotta Cheese Tortellini served with a Tomato, Roasted Red Pepper & Spinach Sauce	Vegetable Pancake Rolls with Sweet Chilli Sauce & Stir Fried Vegetables	Moroccan Aubergine & Chickpea Bake served with Lemon Houmous	Chef's Special Tarts served with Roasted Vegetables & Dressing	Massaman Potato Curry with Chickpeas & Coriander Oil	Fried Eggs Baked Beans	Tomato & Cheese Panini Scrambled Egg
Sides	Yellow Rice Steamed New Potatoes Vegetable Stir Fry Steamed Broccoli	Roasted New Potatoes Rice & Peas Steamed Carrots Cauliflower Cheese	Mashed Potato Rice, Cabbage Steamed Mixed Vegetables	Rosemary Roasted New Potatoes Lemon Rice Sweetcorn Mediterranean Veg	Chipped Potatoes Plain Rice Garden Peas Grilled Tomatoes	Oven Baked Potato Waffle Field Mushrooms Grilled Tomato	Hash Browns Baked Beans Plum Tomatoes
Pasta Bar	Neapolitan Sauce Beef Bolognese	Neapolitan Sauce Chicken & Mushroom	Neapolitan Sauce Lamb & Spinach	Neapolitan Sauce Pepperoni & Peppers	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 Twist	Pain au Chocolate
Dessert	Chocolate Sponge with Chocolate Sauce Cut Fruit Jelly Pots	Pear Crumble with Custard Cut Fruit Jelly Pots	Berry Sponge with Custard Cut Fruit Jelly Pots	Mixed Fruit Crumble with Custard Cut Fruit Jelly Pots	Lemon Drizzle Cake with Custard Cut Fruit Jelly Pots	Cut Fruit	Cut Fruit