

Weekly Menu

Week 2

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	Chicken Doner served with Khobez Bread & Chilli Mayonnaise	Traditional Beef Lasagne or Steamed Fish with Herb Dressing	Shepherd's Pie Minced Lamb & Vegetables topped with Mashed Potatoes	Pork Meatballs served with a Spicy Tomato Sauce & Pasta	Freshly battered fish with Tartar Sauce & Lemon Wedges or Fish Escovitch	Ham & Cheese Melts	Smoked Mackerel served with Fried Egg & Spinach
Main Option 2	Jamaican Beef Curry served with Rice & Peas	Jerk Chicken Legs	Jollof Chicken Rice with Peppers	Korma Chicken Legs with Vegetable Rice	Beef or Breaded Turkey Burgers	Pork Sausages Fried Eggs	Bacon
Main Option 3	Mushroom Ravioli with Mushroom Sauce & Seeded Granola	Grilled Courgettes served with a Bean Stew & Sour Cream	Vegetable Lasagne	Spicy Potato Slice with Aubergine Chutney	Vegetable Dhal with Coriander Rice	Mushroom & Cheese Melts	Scrambled Egg
Sides	Steamed New Potatoes Rice & Peas, Sweetcorn Roasted Aubergine & Courgettes	Roasted New Potatoes Rice & Peas Green Beans & Caramelized Red Onion Roasted Peppers	Oven Baked Herb Diced Potatoes Rice Roasted Carrots Steamed Broccoli	Buttery New Potatoes Special Rice Mustard Cauliflower Steamed Mixed Veg	Chipped Potatoes Plain Rice Garden Peas Grilled Tomatoes	Oven Baked Potato Waffle Portobello Mushrooms Grilled Tomato Baked Beans	Hash Browns Baked Beans Roasted Tomatoes
Pasta Bar	Neapolitan Sauce Lamb & Spinach	Neapolitan Sauce Pepperoni & Peppers	Neapolitan Sauce Beef Bolognaise	Neapolitan Sauce Bacon & Mushroom	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	Pain au Chocolate	Sweet Waffles with Syrup
Dessert	Chocolate Sponge with Chocolate Sauce Cut Fruit Jelly Pots	Pear & Chocolate Crumble with Custard Cut Fruit Jelly Pots	Lemon Drizzle Sponge with Custard Cut Fruit Jelly Pots	Spiced Apple Pie with Custard Cut Fruit Jelly Pots	Jam Sponge with Custard Cut Fruit Jelly Pots	Cut Fruit	Cut Fruit