

Weekly Menu

Week 4

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	Mango Chicken Curry or Breaded Haddock with Parsley Mayonnaise	Steak & Mushroom Pie topped with Shortcrust Pastry	Chicken Fajitas with Fried Onion & Peppers	Ham & Cheese Pasta Bake	Freshly Battered Fish with Tartar Sauce & Lemon Wedges or Fish Escovitch	Ham & Cheese Melts	Smoked Mackerel with Fried Egg & Spinach
Main Option 2	Grilled Pork Chop with Thyme	Sweet & Sour Chicken Thighs with Yellow Rice	Beef Bolognese with Spaghetti	Soy Chilli Chicken Drumsticks with Rice	Beef or Breaded Turkey Burgers	Pork Sausages Fried Eggs	Bacon
Main Option 3	Mushroom Ravioli with a Mushroom Sauce & Seeded Granola	Grilled Courgettes served with a Bean Stew & Sour Cream	Vegetable Moussaka with a Chickpea Salad & Lemon Yoghurt	Spicy Potato Slice served with Aubergine Chutney	Vegetable Dhal with Coriander Rice	Mushroom & Cheese Melts	Scrambled Egg
Sides	Parsley New Potatoes Coriander Rice Cabbage Mixed Vegetables	Mashed Potatoes Yellow Rice Steamed Carrots Stir Fried Vegetables	Thyme Roasted New Potatoes Roasted Aubergine & Courgette Green Beans	Crushed New Potatoes Rice Sweetcorn Garlic Broccoli	Chipped Potatoes Plain Rice Garden Peas Roasted Tomatoes	Oven baked Potato Waffle Field Mushrooms Grilled Tomato Baked Beans	Hash Browns Baked Beans Roasted Tomatoes
Pasta Bar	Neapolitan Sauce Lamb & Spinach	Neapolitan Sauce Pepperoni & Roasted Vegetables	Neapolitan Sauce Bacon Carbonara	Neapolitan Sauce Spicy Beef Arrabbiata	Neapolitan Sauce Chicken with Peppers	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	Apple Crumble with Custard Cut Fruit Jelly Pots	Jam Sponge with Custard Cut Fruit Jelly Pots	Coconut & Jam Tart with Custard Cut Fruit Jelly Pots	Toffee Sponge with Custard Cut Fruit Jelly Pots	Cut Fruit	Cut Fruit