

Lunch

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Meat Dish	Spanish style chicken with smoked paprika and tomato (G/F)	Classic beef lasagne	Turkey and vegetable hotpot (G/F)	Keftedes Greek style pork meatballs (G/F)	Fillet of fish sandwich
Vegetarian/ Vegan Dish	Spanish style chickpea and paprika stew (Vegan) (G/F)	Mediterranean vegetable lasagne (Vegan)	Roasted vegetable and white bean casserole (G/F) (Vegan)	Vegan moussaka	Vegan nuggets
Accompanying Carbs	Jacket potato, sweet potatoes and saffron rice (G/F) (Vegan)	Jacket potato, sweet potatoes and garlic bread (Vegan)	Jacket potato, sweet potatoes, and diced potatoes (Vegan) (G/F)	Jacket potato, sweet potatoes, rice and pitta bread (Vegan)	Jacket potato, sweet potatoes and skin on fries (Vegan) (G/F)
Vegetables/ side dishes	Baked beans, cauliflower and baby carrots (Vegan) (G/F)	Baked beans and steamed broccoli (Vegan) (G/F)	Baked beans, and mixed vegetables (Vegan) (G/F)	Baked beans, pickled red cabbage and fine beans (Vegan) (G/F)	Baked beans, spaghetti hoops and garden peas (Vegan)
Daily items	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar				
Pasta/Gnocchi or Risotto	Pasta with an Italian bean sauce (Vegan)	Wild mushroom risotto (Vegan) (G/F)	Pasta with a four cheese sauce (V)	Gnocchi with tomato, rosemary and garlic (Vegan)	Spaghetti with a lentil bolognese (Vegan)
Hot or cold dessert	White chocolate chip cookies (V)	Mixed fruit thick and creamy yoghurts (V) (G/F)	Chocolate sponge cake (V)	Fruity flapjack (Vegan)	Choc ice (V) (G/F)
Daily Desserts	Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad and whole fruit				

Supper

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main meat/fish dish	Pork Pad Kra Pao	Battered fish with tartar sauce	Korean fried chicken	Beef curry	Rigatoni pasta with pepperoni sauce	Fakeaway night, chefs choice	Chefs choice Sunday dinner
Vegetarian option	Thai vegetable curry	Battered Quorn sausage	Fried Quorn	Vegetable curry	Roasted Mediterranean vegetable pasta		
On the side	Sticky rice Fried eggs Steamed mange tout and baby corn	Chunky chips Mushy peas	Sticky rice Sigeumchi namal (Spinach)	Rice and salads	Garlic dough balls Steamed broccoli		
Dessert	Iced mango smoothie	Strawberry jelly with cream	Mango pudding	Ice cream	Coffee and mascarpone cake		
Selection of fresh bread, salads, yoghurt pots & whole fruits							

Lunch

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Meat Dish	Mild chicken tikka curry (G/F)	Spaghetti Bolognese	Roast loin of pork with apple sauce and gravy (G/F)	BBQ crispy chicken wraps	Hotdog in a bun
Vegetarian/ Vegan Dish	Vegetable and chickpea tikka masala (Vegan) (G/F)	Lentil Bolognese	Roasted Quorn fillet with sage and onion stuffing (Vegan)	Margherita wraps (V)	Vegan hotdog in a bun
Accompanying Carbs	Jacket potato, sweet potatoes, basmati rice and naan bread (Vegan)	Jacket potato, sweet potatoes and garlic bread (Vegan)	Jacket potato, sweet potatoes and roast potatoes (Vegan) (G/F)	Jacket potato, sweet potatoes and potato wedges (V)	Jacket potato, sweet potatoes and skin on fries (G/F) (Vegan)
Vegetables/ side dishes	Baked beans, diced carrots and peas (Vegan) (G/F)	Baked beans, baton carrots and green beans (G/F) (Vegan)	Baked beans, baby carrots and roast parsnips (V) (G/F)	Baked beans and broccoli (Vegan) (G/F)	Baked beans, spaghetti hoops and garden peas (Vegan)
Daily items	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar				
Pasta/Gnocchi or Risotto	Spaghetti with tomato and basil sauce (Vegan)	Gnocchi with tomato and aubergines (Vegan)	Pasta with cheese sauce (V)	Butternut squash and Italian hard cheese risotto (V) (G/F)	Pasta with roasted Mediterranean vegetables (Vegan)
Hot or cold dessert	Double chocolate cookie (V)	Frozen toffee yoghurt (V) (G/F)	Chocolate and coconut oatbake (Vegan)	Sprinkle cake (V)	Ice lollies (Vegan) (G/F)
Daily Desserts	Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad and whole fruit				

Supper

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Main meat/fish dish	Hot and sour chicken with rice noodles	Sticky pork belly	Beef ragu baked cannelloni	Ground beef pizza	Honey sesame chicken wings	Fakeaway night, chefs choice	Chefs choice Sunday dinner	
Vegetarian option	Hot and sour vegetable noodles	Fried tofu	Cheese Tortelloni	Veggie pizza	Fried cauliflower			
On the side	Sautéed beansprouts and cabbage	White rice Asian vegetables	Garlic bread Garlic fine beans	Sweet potato fries Salads	Egg and vegetable fried rice			
Dessert	Chilled lychees	White chocolate and raspberry cookie	Custard doughnuts	Ice cream sundae	Chilled watermelon			
Selection of fresh bread, salads, yoghurt pots & whole fruits								

Lunch

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Meat Dish	Mild chilli con carne (G/F)	Pasta bake with chicken, tomato and mascarpone sauce	Chicken pie with puff pastry lid	Prime Cumberland sausages with onion gravy (G/F)	Pepperoni pizza
Vegetarian/ Vegan Dish	Vegetable and 3 bean chilli (Vegan) (G/F)	Baked cannelloni with spinach and ricotta (V)	Vegan mince and onion hotpot (G/F)	Quorn sausages (Vegan)	Margherita pizza
Accompanying Carbs	Jacket potato, sweet potatoes, white rice and tortilla chips (G/F) (Vegan)	Jacket potato, sweet potatoes and garlic bread (Vegan) (G/F)	Jacket potato, sweet potatoes and roast potatoes (G/F) (Vegan)	Jacket potato, sweet potatoes and mashed potatoes (V) (G/F)	Jacket potato, sweet potatoes and skin on fries
Vegetables/ side dishes	Baked beans, peas and sweetcorn (Vegan) (G/F)	Baked beans, mixed vegetables (Vegan) (G/F)	Baked beans, green beans and baton carrots (Vegan) (G/F)	Baked beans, sweetcorn and broccoli (Vegan) (G/F)	Baked beans, spaghetti hoops and garden peas (Vegan)
Daily items	Hot sandwich/panini/pastry of the day, selection of filled sandwiches, baguettes, wraps and salad bar				
Pasta/Gnocchi or Risotto	Pasta marinara (Vegan)	Risotto with Mediterranean vegetables (G/F) (Vegan)	Pasta with tomato and pepper sauce (Vegan)	Penne arribbiata (Vegan)	Creamy tomato and cheese gnocchi (V)
Hot or cold dessert	Chocolate chip cookie (V)	Raspberry ripple frozen mousse (V)	Blueberry muffin (V)	Chilled chocolate pudding pots (V)	Ice cream pots (V) (G/F)
Daily Desserts	Vegan jelly, cheese and biscuits, fruit yoghurt, fresh fruit salad and whole fruit				

Supper

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main meat/fish dish	Shrimp spaghetti	Teriyaki beef burger	Tandoori chicken	Stir fried pork with vegetables	Lamb and aubergine tagine	Fakeaway night, chefs choice	Chefs choice Sunday dinner
Vegetarian option	Tomato and zucchini gnocchi	Vegan teriyaki burger	Saag paneer	Spring rolls	Vegetable and chickpea tagine		
On the side	Garlic ciabatta Steamed fine beans	Fries with seasoning salads	Basmati rice Naan bread Salads and chutney	White rice Soy and sesame broccoli	Warm cous cous Petit pois		
Dessert	Peach melba pots	Thick and creamy yoghurts	Passion fruit sorbet	Banana split	Fruit platter		
Selection of fresh bread, salads, yoghurt pots & whole fruits							